

NGO/NPO, TAIWAN, China

Chiayi City Healthy City Promotion Association
Daan Health Promotion Association
Hsinchu City Healthy City Promotion Association
Hsinchu County Healthy City Promotion Association
Kinmen Healthy City Promotion Association
Pingtung Health City Association
Tainan Healthy City Association
Taoyuan Healthy City Promotion Association



**Chiayi City Mayor:
Ming-hui Huang**



Chiayi City Healthy City Promotion Association

<http://www.chiayi.gov.tw/agefriendly/enews.asp>



The staff of the third annual Chiayi City Healthy City Promotion Association: Honorary Chairman Ming-Hui Huang, Chairman Shi-Jin Lee, Director General Shu-Lung Sun, and 18 coworkers.

Vision

In order to build Chiayi City into a healthy city, the city government has combined policy plans and civil needs, with the aim of creating a livable environment, improving citizens' life quality, and continually improving the city. For implementing the concept of health for all, the city government is referring to the steps for healthy cities introduced by the WHO. It starts with understanding the citizens' needs and expectations for the promotion of a healthy city, and then invites communities to participate, integrates cross-sector and cross-field resources, and encourages citizens, public sectors, and private sectors to jointly build public policies for the health of the city. Such policies range from environmental improvement to personal life change, and are focused on solving the city's health problems. There are six goals for the promotion of the Healthy City:

- (1) To make Chiayi City an energetic city (city renewal, community transformation).
- (2) To make Chiayi City an efficient city (process rebuild, e-service).
- (3) To make Chiayi City a safe city (woman and child safety, community network).
- (4) To make Chiayi City a prosperous city (consumption center, characteristic business circle).
- (5) To make Chiayi City a friendly city (honesty and love, humane care).
- (6) To make Chiayi City a beautiful city (culture and art, city marketing).

Overview

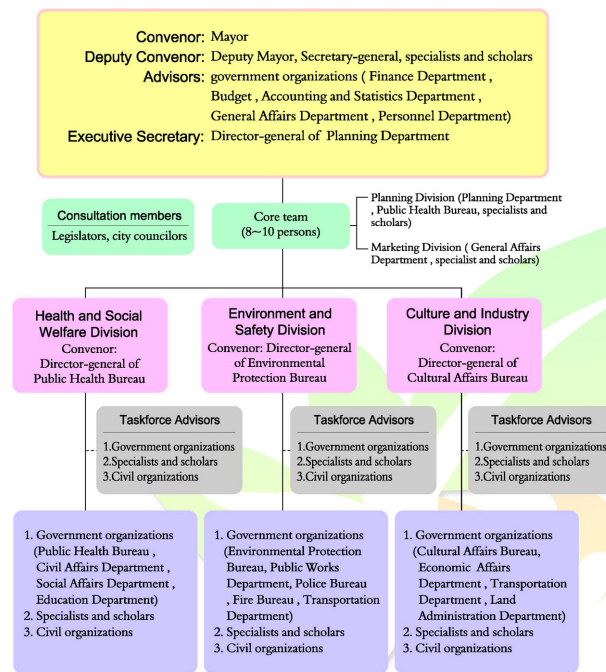
(1) Organizational Structure and Operational Mechanism

The Chiayi City Healthy City Project and the Age-friendly City Project both have a team of scholars responsible for project planning, as well as a working team responsible for promoting the projects.

1-1 Healthy City

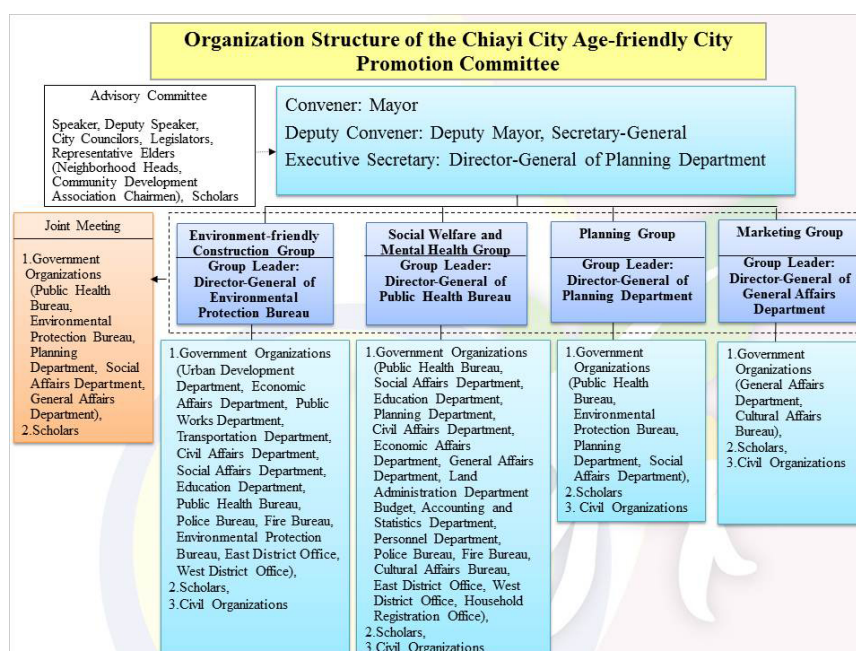
In 2008, the Chiayi City Healthy City Promotion Committee was established with 42 members. The committee held a conference once every four months, presided over by the mayor, in order to examine the effectiveness of the work and the cooperation with international organizations. The committee was in charge of a core team and three working groups. The core team held meetings non-periodically to create promotion and marketing strategies. The committee would discuss the strategies before the conferences.

The working groups held a meeting once every four months to discuss the indicators, demonstration plans, and other points.



1-2 Age-Friendly City

In 2010, the Healthy City Promotion committee was adjusted. Most members continued in the committee, and some new members, coming from the Civil Service Ethics Department, the District Office, and the local tax bureau, were added to the committee. In 2011, the Chiayi City Age-friendly City Promotion Committee was established with 37 members. The committee held a conference once every four months, presided over by the mayor, to examine the progress of the work and the cooperation with international organizations. The committee was in charge of four working groups, which held a joint meeting once every four months. The joint meetings, presided over by the supervisor of the Social Welfare and Mental Health Group, were used to create marketing strategies. The committee would discuss the strategies before the conferences. Each working group held meetings when appropriate to discuss indicators, actions, and other items.



(2) Advantages of the Promotion of a Healthy City

Chiayi City has a population of 270,000 people, 60 square kilometers of land area, and plenty of community healthcare networks to safeguard the citizens' health. It has the most medical resources in Taiwan as the ratios of healthcare personnel and patient beds to population are the best in the country.

The city government actively financed the budget for the Chiayi City Healthy City Promotion project, which was supported by the city council. Mayor Ming Hui Huang personally served as convener of the committee and held various meetings to monitor the progress of the project's implementation.

For the promotion of the Healthy City project, the city strengthened cross-sector partnerships, which the city government actively joined, and it warmly invited other communities and non-government organizations to participate in the project.

In line with the WHO Global Network of Healthy Cities, the Chiayi City Healthy City Promotion Association was established in 2007. The mayor served as the first annual chairman, and Chiayi City applied to become a member of the WHO Western Pacific Healthy Cities Alliance.

(3) Activities of the Healthy City

3-1 Setting up the Indicators

The Chiayi City Healthy City indicators came from four sources: 1) WHO Healthy Cities indicators and Taiwan Healthy Cities Network indicators; 2) Public opinions and expectations for the city; 3) Administrative ideas; and 4) Healthy City files. Through the joint discussions with cross sections of communities, the indicators were set up based on three aspects indicators. The Chiayi City Healthy City indicators involved 32 international indicators, 19 Taiwan Healthy Cities Network indicators, and 103 local indicators, with 154 indicators in total.

Following the upgrade of the Healthy City, in 2011, according to the eight aspects of the WHO Global Age-Friendly Cities Guide, the city government referred to the opinions of local elders and the city's list of problems requiring improvement, and then set up local indicators that fit the city's needs after meetings and discussions. There were 104 indicators for Chiayi City's Age-friendly City Program.

3-2 Activating Cross-Sector Actions

Chiayi City has continued to operate the promotion committee, regularly hold meetings, and examine the effectiveness of the work. The Chiayi City Healthy City Promotion Association is a link between public sectors and communities. It listens to public opinions from different fields, provides the government with promotion suggestions as a civil organization, and represents the city government during participation in international organizations as a civil organization.

3-3 Promoting the Participation of Communities and the Public

The city implemented community participation according to three-year terms and continues to complete four projects in each term.

3-3-1 The city government financed the budget for establishing the mechanism of community participation and defined community participation as a strategic project. The Social Affairs Department of the Health and Social Welfare Group finances the budget and plans for the mechanism of community participation.

3-3-2 Community briefings are held by conducting in-depth interviews with neighborhood heads, scholars, and citizens of various community organizations to learn their characteristics and expectations for the city.

3-3-3 Community participation is empowered by holding work exhibitions for the public sectors, community units, and citizens to see the results of their efforts.

3-3-4 Linking it all together: The Chiayi City Healthy City Promotion Association holds board and general meetings every year to bring in public opinions from different fields and provide promotion suggestions to the government.

(4) Transforming Chiayi City Towards a Healthy City

It has been more than eight years since the city began promoting the Healthy City Project in 2006. During this time the city government has not only improved its administrative efficiency, but also the city's facilities, both tangible and intangible, have been enhanced significantly due to the participation, cooperation, and integration of all participants and sectors. The three aspects of the Healthy City Project as follows:

4-1 Health and Social Welfare

- (1) Facilities: Building Evergreen Comprehensive Park, renovating the Children's Center and Youth Center, establishing a Volunteer Center, New Immigrant Families Service Center, Family Support Center, Child Care Center, Evergreen Academy, Senior Learning Center, and creating the up-coming fair-priced Baby Care Center.
- (2) Subsidies: Maternity subsidies, newborn nutrition cash subsidies, and senior subsidies.
- (3) Services: Establishing a student safety care station, a food bank, free health screenings, free newborn hearing screenings, three health supplements (oral cavity fillings for first graders, cervical vaccine injections for seventh grade girls, and fitness exams for seniors), promoting stress ball exercise, providing age-friendly pharmacies and age-friendly restaurants, holding senior dinner events, providing long-term care service at home, administering pneumonia vaccines for citizens aged 65 and above, and establishing health service stations for blood pressure and waist measurements.

4-2 Environment and Safety

- (1) Facilities: Installing emergency life-saving AEDs in the entire city, providing seniors with affordable houses in Evergreen Park, building the first complex transportation station, promoting the renovation of community environments and old buildings, expanding the Chiayi City Forest Park, building the Eastern District Sports Center, and providing BRT low-floor buses and rehabuses.
- (2) Services: Promoting the use of low-carbon vehicles, initiating overhang and road leveling projects, providing senior and handicap transportation discounts, enhancing community security for all, installing fire alarms, enforcing building fire safety inspections, and issuing citizen cards.

4-3 Culture and Industries

- (1) Facilities: Building the Cypress Forest Village, Ali Mountain Forestry Art and Literature Park, and Chiayi City Art Museum, and using the Chiayi Industrial Innovation Research and Development Center.
- (2) Services: Holding the International Wind Music Festival, promoting reading habits, creating the first musical tour in the nation and the first Memorial Day named after an artist (Cheng-po Chen), providing free Internet courses for citizens, and holding exclusive festivals such as the Chiayi City Swing Festival, Chicken Rice Festival, and Flower Sea Festival.



July 21, 2008

The pledge meeting for the program of Chiayi City Healthy City



July 1, 2010

The Health Promotion Administration congratulates the mayor for being recognized by the WHO Western Pacific Region Healthy Cities Alliance as a member.



March 26, 2011

Initiation ceremony of the Chiayi City Age-friendly City.



September 28, 2011 to September 30, 2011

Participating in the Dublin Declaration signing ceremony during the First International Conference on Age-friendly Cities.



September 28, 2011 to September 30, 2011

Participating in the First International Conference on Age-friendly Cities.



October 27, 2011
Dublin Mayor Andrew Montague visits Chiayi City.



December 16, 2011
The work exhibition of Chiayi City Age-friendly City.



October 15, 2010
The fourth board meeting of the first annual Chiayi City Healthy City



November 8, 2012
Chiayi City Healthy City Promotion Association conference in 2012.



November 8, 2012
The first board meeting of the third annual Chiayi City Healthy City Promotion Association (Chairman's handover).



October 30, 2013
Chiayi City Healthy City Promotion Association conference.



September 23, 2011 to September 24, 2011
Awarded the Taiwan Healthy Cities Excellence Award during the third annual Taiwan Healthy Cities Network.



September 23, 2011 to September 24, 2011
Awarded four Taiwan Healthy Cities Creative Achievement Awards during the third annual Taiwan Healthy Cities Network.



October 12, 2012
Awarded the Taiwan Healthy Cities Outstanding Contribution Award during the fourth annual Taiwan Healthy Cities Network.



October 12, 2012
Awarded seven Taiwan Healthy Cities Creative Achievement Awards during the fourth annual Taiwan Healthy Cities Network.



November 26, 2013 to November 27, 2013
Awarded the Taiwan Healthy & Age-friendly Cities Selection and Age-friendly Cities Excellence Award during the fifth annual Taiwan Healthy Cities Network.



November 26, 2013 to November 27, 2013
Awarded the Taiwan Healthy & Age-friendly Cities Selection and 11 Creative Achievement Awards during the fifth annual Taiwan Healthy Cities Network.

Scenes of community group activities



Chiayi City promotes age-friendly restaurants.



Chiayi City elderly dinner event.



Chiayi City promotes age-friendly pharmacies.



Age-friendly convenience store with good-health stand.



Free community integrated health screening services.



Let's exercise!



The country's first certified green building convenience store.



Installing healthy calorie indication paths.

History

In order to develop a healthy city and implement the concept of health for all, in 2007 Chiayi City referred to the World Health Organization's (WHO) Twenty Steps for Developing a Healthy Cities Project to draft a three-year program titled the Chiayi City Healthy City Promotion Project. The project included the two phases of Preparation & Establishment and Execution & Implementation. The city government actively financed the budget for the Chiayi City Healthy City Promotion project and integrated resources from numerous areas, such as public sectors, non-governmental organizations, and communities, to jointly establish public policies for the improvement of the environment and personal life changes, among others, to solve the city's health issues.

In April 2010, in response to the problems of the aging population, the Health Promotion Administration of the Ministry of Health and Welfare selected Chiayi City as the first demonstration city for promotion of the Age-friendly City Project. The city referred to the five-year cycle of the WHO Global Network of Age-friendly Cities process and consulted with a team of scholars to plan the promotional work, which was divided into the two phases of the Project Start, Organization, Implementation and Evaluation Phase, and the Continual Development Phase. Since the mayor led both the Healthy City Project and the Age-Friendly City Project, the cooperation between and integration of both teams were very effective.

The city promoted the Healthy City project from 2006 to 2010, and the two phases were implemented as follows:

- 1) Phase I for Preparation and Establishment (2006-2007): Advocating and promoting the concept of health for all, integrating the organizational culture of the city government team, and financing the budget.
- 2) Phase II for Execution and Implementation (2008-2010): Setting up local indicators, strengthening the integration of different sectors, inviting communities to participate, promoting the demonstration plan, and entering the WHO Alliance for Healthy Cities in the Western Pacific Region as a member.

The Schedule of promoting Chiayi City as a healthy city was as follows:

Phase	Period (Year)	Job
Phase I	Preparation & Establishment Period (2006~2007)	<ol style="list-style-type: none"> 1. Advocating and promoting the concept of health for all and integrating the organizational culture of the city government team. 2. Financing the budget and persuading the city council to pass the budget. 3. Providing the city government team with promotional awareness by holding seminars for management at the secondary level and above and the personnel undertaking the project. 4. Establishing the Healthy City project and planning the working items for 2008 to 2010.
Phase II	Execution & Implementation Period (First Year: January 2008 to December 2008)	<ol style="list-style-type: none"> 1. Obtaining political commitments by holding kick off meetings, illustration meetings, and consensus camps. 2. Establishing the core team to plan promotion of the work. 3. Establishing the Healthy City Promotion committee to issue key points. 4. Building the Healthy City records for the reference of promoting the project. 5. Setting up the local Healthy City indicators to continue monitoring and improving the results. 6. Developing a specific evaluation mechanism for the long-term follow-up and review in the future. 7. Spreading information by building a website and planning media marketing.
Phase II Continued 1	Execution & Implementation Period (Second Year: January 2009 to December 2009)	<ol style="list-style-type: none"> 1. Continuing to push the Healthy City Promotion committee to regularly hold meetings. 2. Developing cross-sector partnerships to create a demonstration plan and integrate the city government's budget. 3. Continuing to set up and revise the Healthy City indicators. 4. Planning a community participation mechanism. 5. Publishing the Healthy City white paper. 6. Guiding the city government to build healthy public policies. 7. Applying to join the WHO Alliance for Healthy Cities in the Western Pacific Region.
Phase II Continued 2	Execution & Implementation Period (Third Year: January 2010 to December 2010)	<ol style="list-style-type: none"> 1. Continuing to integrate the city government's budget and activate cross-sector actions. 2. Subsidizing communities that joined in promoting the Healthy City project. 3. Advocating the strategic plan and executing the demonstration plan in 2010. 4. Continuing to track and evaluate the city's Healthy City indicators. 5. Continuing to maintain the Chiayi City Healthy City website. 6. Revising the Chiayi City Healthy City white paper. 7. Evaluating the project. 8. Promoting international cooperation and exchange.

Chiayi City has promoted the Age-friendly City project from 2010 to present. The two phases of the project are as follows:

- 1) Phase I (2010-2014): Phase I is a five-year period, including the 2010 Project Start Period, the 2011 Organization Period, the 2012-2013 Implementation Period, and the 2014 Evaluation Period.
- 2) Phase II (2015-2019): Phase II is the Continual Development Period. This phase, in response to the aging population, focuses on inspecting problems that need solutions and then, based on the improvement project theme of "Age-Friendly City", preparing the next five-year plan for continual improvement as a cycle, in order to promote the Age-Friendly City towards a new milestone.

The Schedule of promoting Chiayi City to an age-friendly city was as follows:

Phase	Period (Year)	Items
Phase I	Project Start Period (April 2010 to December 2010)	<ol style="list-style-type: none"> 1. Signing a Memorandum of Understanding with the team of scholars commissioned by the Health Promotion Administration to plan and promote related matters. 2. Proposing the vision of an Age-Friendly City for Chiayi City. 3. Planning the promotional process, organizing a team, and expanding the fields of non-government team members to ensure proper responsibilities and teamwork. 4. Conducting local research by distributing an Age-Friendly City survey to focus groups and elderly citizens in order to understand their expectations and provide the city with suggestions for improvement. 5. Referencing the indicators by referring to the WHO Age-Friendly Cities Guide and indicators provided by National Cheng Kung University, and planning local indicators.
Phase I Continued 1	Organization Period (January 2011 to December 2011)	<ol style="list-style-type: none"> 1. Developing the promoting project by applying for a project subsidy from the Health Promotion Administration. 2. Continuing operation of the Age-friendly City Promotion committee by regularly holding committee meetings and group meetings for the promotion and future direction. 3. Gathering the consensus of the team by holding consensus camps and growth camps for different levels of members. 4. Listening to the voices of the elderly by holding community conferences for in-depth interviews and communication for different areas or groups of elders. 5. Setting up the local indicators according to the eight aspects of the WHO Global Age-friendly Cities Guide and referring to opinions of the elderly. 6. Developing a three-year action plan for improving the city's problems, and integrating the annual budget in order to achieve yearly improvements. 7. Applying to join the WHO Global Network of Age-friendly Cities. 8. Participating in Healthy City and Age-Friendly City-related domestic or international organizations and activities, as well as hosting exchange activities with other counties and cities and providing activities for foreign guests.
Phase I Continued 2	Implementation period (January 2012 to December 2013)	<ol style="list-style-type: none"> 1. Developing the promotion project and applying for a subsidy from the Health Promotion Administration. 2. Continuing operation of the Age-friendly City Promotion committee. 3. Inspecting the trends of the indicator data to evaluate whether or not the indicators need to be revised, according to the direction of the trends. 4. Implementing the active participation of communities by providing city government budgets to subsidize communities, proposing solutions for problems in the eight aspects, and holding a work exhibition. 5. Monitoring the implementation status by holding counseling meetings regarding the eight aspects, inspecting the action plan, adding and revising indicators, and selecting program highlights. 6. Listening to the voices of the elderly as a policy reference by conducting a satisfaction survey in order to understand their needs and building the basic indicator values. 7. Executing media marketing for the Age-Friendly City by building and maintaining websites and performing media marketing. 8. Planning creative strategies for the localization of the Age-Friendly City. 9. Continuing to participate in Healthy City and Age-Friendly City-related domestic and international organizations and activities, as well as hosting exchange activities with other counties and cities and providing activities for foreign guests.

Phase I Continued 3	Evaluation period (January 2014 to December 2014)	<ol style="list-style-type: none"> 1. Developing the promotion project by applying for a subsidy from the Health Promotion Administration. 2. Continuing operation of the Age-friendly City Promotion committee by regularly holding working group meetings and eight-aspect counseling meetings to determine the work to be promoted. 3. Continuing to collect and monitor trend indicators. 4. Inspecting the performance of the previous year's action plan and monitoring the highlight plan of the first year's progress. 5. Continuing to expand community participation levels by providing city government financing to invite 40 communities to participate. 6. Continuing to participate in Healthy City and Age-Friendly City-related domestic and international organizations, as well as sharing the promotion experience and presenting achievements.
Phase II	Continual Development period (January 2015 to December 2019)	Continuing to implement the five-year WHO Global Network of Age-friendly Cities process and preparing the next five-year action of continual improvement as a cycle in order to promote the Age-Friendly City as a new milestone.



Yuehua Lin
Chairman of Daan Health
Promotion Association, Taipei City



Daan Health Promotion Association, Taipei City



<http://www.daan-healthy-city.org.tw/>

- Population : 313,363 People (2012)
 - Number of households : 119,480 Households (2012)
 - Area : 11.3614 km² (2012)
 - Major industries : Daan District has developed some distinctive areas, namely: Out of all the districts in Taipei City, the facilities of Daan District is more complete than the others'. Aspects such as transportation, education, culture, and business are developed equally. Under the high development and quality lifestyle, citizens participate in the politics actively, several organizations have also been developed, which create great challenges to the management of the district. However, on the other hand, this also leads us to be closer to the ideal society. As computers and related products change rapidly over time, we examine any information that benefits the district closely in order to satisfy the people.
- The culture and education area which includes National Taiwan University, National Taiwan Normal University, National Taipei University of Education and professors' residence areas.
- The Daan Forest Park area which is perfect for recreation as well as cultural, art, and musical activities.
- The Department stores area which includes many department stores such as Pacific SOGO, Breeze, MingYao, etc.
- The Tunghua Night Market area on Tunghua St. and Linjiang St.
- The Yungkang St. area which includes gourmet restaurants, refreshment stands, and other stores.



SuZhen Suh
Director of Daan District Office , Taipei City

Vision

The goals of the association are to enhance residents' health as well as integrate the resources in community, stipulate public policy of health, develop proper health services and construct the Daan Healthy City.

The missions of the association are:

- Improving residents' knowledge of health promotion and healthy city,
- Enhancing residents' health care skills,
- Uniting social resources to lead residents to participate health development,
- Conducting the programs of health promotion-related issues,
- Sharing experience with domestic and international healthy city,
- Developing the plans of the health promotion.

Overview

(1) Organizational structure of your Healthy City (secretariat, steering committees, planning process, evaluation mechanisms, if any).

The members of this association consist of residents, precinct chiefs, civil servants, scholars, professionals, businessmen and people from other walks of life. The association consists of director board and supervisor board governing 5 sections: Secretariat Section, Environment Section, Social Welfare Section, Health Service Section and Humanist Education Section. This association also invited some community leaders and councilors to be its consultants.

(2) Example of major activities, projects, plans

The elderly LOHAS project in the Daan District, Taipei City

Background

Taiwan has become an aging society since 1993. In Daan District 15.9% of the population was aged 65 or over, higher than Taipei and Taiwan. The obesity prevalence in the elderly is about 17.2% in Taiwan, and more than 80% of seniors reported having been diagnosed with at least one chronic disease.

Objectives

Provide leisure and exercise opportunities for the seniors, improve their self-care skills, reshape their healthy behaviors, and delay their functional degradation rate.

Methodology

The organizing and consolidating of community resources, multi-varied planning, and interesting health-promoting behaviors were enacted in these five plans: "Senior-Friendly Pharmacies," "Happy Golden Years Club," "Baking for Seniors Who Live Alone," "Home Safety Inspections for Seniors," and "Improving Seniors' Health".

Result

- A. Combined 30 community pharmacies' free prescription drug consulting services: 17 seniors were referred to the at-home prescription drug safety services.
- B. Planned seniors' seminars, services, and healthy meals: The teachers and students accompanied seniors at the meals. There were 1,484 people in attendance.
- C. Picked-up bread from the school and delivered them to low-income residents and seniors who live alone, and delivered meals 620 times.
- D. Potential at-home hazards such as "the door without picking T-shaped handle," "no fixed set graspable handrail in toilet," and "Lack of kitchen lighting" etc, and the hazards were improved in 35 homes.
- E. During the two months' intervention, the experimental groups not only in a significant increase in physical activity, they also showed marked improvement in perceived exercise benefit, exercise obstacle, and activity intention areas.

(3) Major strengths of your Healthy City (some strong points of your Healthy City, based on your judgment)

- A. Residents be adequate their basic needs, be able maintaining a clean environment.
- B. Residents have access to high-quality health and medical services.
- C. Become a rich cultural and economically active healthy city.
- D. Daan District integrated resources and power, providing a wide range of learning experiences and resources.
- E. The Daan District become a healthy city is the residents' common vision.
- F. More and more communities, schools and government agencies and organizations to promote health issues into the process or goals.
- G. From the organization industry, government, education and public areas have established good partnership, linking more resources to jointly promote health promotion work.
- H. Opinion leaders from the community to participate in community health work to promote a bilateral discussion topics set by the relevant health, replacing the previous practice of the community with the policy of passive and win community consensus.

(4) Major progress your city has made by using the Healthy City approach or some difference you have observed in your city since you have worked to create a Healthy City.

A. Build healthy public policy.

In the process of create Daan Healthy City, the units of public sector have more chances to discuss together; and promotion of healthy city is one of Taipei City Government's policies so that some suggestions happened in the promoting process of this plan can be proposed to Taipei City Government's healthy city meetings through Daan District Health Service Center and through Department of health of Taipei City Government.

After acquiring the certification from Western Pacific Alliance for healthy cities, the units of the District also invited scholars/experts of this plan to convene policy-realizing meetings. Include large-scale joint meeting of experts and District administrators to discuss over the promotion plan for coming year and we believe it's a good opportunity to build healthy public policy.

B. Create supportive environments

Community parks are accessible recreational and exercising place for urban residents. In this district, there are 53 lin-precinct parks and 2 large-scaled parks. The lin-precinct parks have been rehabilitated in the middle of the year. In Daan Forest Park, there are residents of different traits to hold health promotion activities all the time. Through the help of development associations, lin chiefs and various schools, classified sorts, types, times and places of the activities held by health promotion-related groups at different venues and we announced the information on the website for residents to inquire and locate proper exercise partners.

C. Strengthen community actions

Summoning willing persons to jointly promote healthy city to include representatives form various fields to form a promoting organization. The representatives will lead their groups to participate community activities whether they are large-scaled marketing activity or deeper community voluntary service, the personnel of promotion committee will actively care about them to spread health messages, enrich lives, cohere consensus and recruit more willing persons for community health development.

D. Develop personal skills reorient health services

Through focus group interviewing, seed persons training, workshops, consensus camps as well as health-related lectures and activities held by community groups and schools which not only provide chances for residents to learn health knowledge, but also think about the health issues related to their own community through participation, and go further to research and improve so that they have stridden toward new direction of health education and health services.



Community health experience



Handover chairman



Team worker meeting



Team worker meeting





Grandparents health and vitality show activity (2012)



Grandparents health and vitality show activity (2014)



Deportment training



Community Geriatric Health Care Station



Muscle endurance training



Strides training

History

In 2002, "Daan District Health Promotion Association" is established by civilians, scholars, businessmen and officials, who are enthusiastic about health promotion affairs and value the importance of partnership on promoting healthy city.

We reached the following goals in building a healthy city in six months: complete health census in the community, create a set of health index, confirm residents' needs, set a prospect for the future, promote knowledge about a healthy city, and strengthen community activities.

Through the establishment of this long-term partnership, resources, responsibility, ability and interests can be shared by the businesses, government officials, educators and the people. Building a healthy city in Da-An District also includes further construction of environmental protection, health care system, social welfare and cultural education, etc.

Strategies and methods for promoting people's participation

1. Using community organizations.

Integrating existed organizations, most of the founders were representatives of social, health, education, religious and environmental groups or enthusiastic persons.

2. Convening discussing meetings.

We held focus groups and citizen health forum to collect residents' demands and vision. Directors/supervisors meetings and expert/scholar work meetings of each organization would decide orientations and strategies of indices as well as workshops and consensus camps which were the evidences that this plan used "convening discussing meetings" to promote residents' participation.

3. Holding community health activities.

This plan united various community resources to hold many community activities, not only letting residents understand that Daan District is promoting “Daan Healthy City” and its meaning, but also enrich their community lives; not only get community mobilization done, but also enable residents to get involved in community public affairs through participating the activities to cohere more fresh activists for community health development.

4. Media marketing

The Good News Radio Station in the District provided time sessions for our promotion committee to plan the contents inviting experts for interviews to advocate ideal of promoting Daan Healthy City and for receiving call-ins from community residents to express their opinions about creating healthy city.

At the present stage

1. Apply for community health workshops, healthy city visit activities to enhance the capacity of community organizations.
2. Building and the use of cross-sectoral collaboration and community participation.
3. Daan Healthy Cities program effectiveness evaluation and re-evaluated the Healthy Cities indicator.

Media publication information, if relevant

http://www.daan-healthy-city.org.tw/modules/tad_player/



Hsinchu Healthy City Association



<http://www.city.kameyama.mie.jp/>

- Population : 425,071 People (2012)
- Number of households : 149,056 Households (2012)
- Area : 10,238.15 km² (2012)

- Major industries :

1 Technology industry

Hsinchu Science Park has been established in Hsinchu City for over 30 years and is the manifestation of high-technology industry of Hsinchu City. It is also the industry which brought Taiwan into the global society. It has an annual revenue of about 1.8 trillion NT dollars and promotes the development of its downstream industries

After the establishment of Science Park, the population structure and economic development in Hsinchu has been changed greatly. The economic development of Hsinchu City is highly associated with the prosperity of Science Park which offers better employment opportunity and promote local business. Because of the development of Science Park, highly knowledgeable employees are attracted to work and live in Hsinchu City. The Science Park accounting for one tenth of the national GDP elevates the average income of citizens to rank the second, just next to that of Taipei citizens. There are many prime research organizations and colleges, such as Industrial Technology Research Institute, National Tsing Hua University, National Chiao Tung University, etc., making the education attainment of citizens to rank the first in Taiwan. With many elites in Hsinchu City, the number of persons with master or Ph.D. degree ranks the first and the proportion of population with higher education ranks the third, just next to Taipei, and Taichung. The residents are younger, the investment environment is better and human resource is more abundant. The Industrial Technology Research Institute and the Food Industry Research and Development Institute are the manpower warehouses for various industries. The Industrial Technology Research Institute has over 6,000 employees to provide the best contributions and services for industrial demands and create beneficial advantages and robust environment for continuous development.

2 Traditional industries three treasures of Hsinchu(glass rice noodles meat balls)

Glass industry

Glass industry is a traditional industry in Hsinchu area which is the hometown of Taiwan glass . The annual production of glass is 1,320 thousand metric tons and 85% of it comes from Hsinchu area. The Industrial Development and Investment Promotion Committee of Hsinchu City plays an important role in the reinvigoration of traditional industries. The Industrial Information Center was established to provide the update information, initiate the interactions among Hsinchu City Government, Science Park, Industrial Technology Research Institute and local industries and promote the communication between the manpower of technology industries and the local industries. By these, we can utilize the material of high technology to improve, administer and encourage the research and development to reinvigorate the traditional industries for the overall development of Hsinchu City.

The glass industry of Hsinchu City is regarded as a candidate for international glory. We have encouraged the industrial, the governmental, the academic and the civil to devote every effort to reinvigorate this traditional industry. By assisting the industry to do their best in the research, development and creation of glass art, we can take this industry to the world; by the various international marketing channel, we can also win the applause from international friends.

Rice Noodles industry

The Business Association of Rice Noodles Merchants in Hsinchu City, founded in October, 2003, created and registered a LOGO for Hsinchu rice noodles at the time of establishment. These merchants conform to the Act Governing Food Safety and Sanitation and the regulations about labels. They hope that consumers around the world could enjoy superior and genuine Hsinchu rice noodles, which made in Hsinchu, without illegal additives and the local rice noodles industry could be sustained.

In addition to the products made from traditional rice, the merchants also developed products in many delicious flavors, such as taro, vegetable, yam and life-nurturing fast food. The delicious meals of Hsinchu rice noodles satisfy many gluttons. These products are excellent souvenirs and good for cooking or gifts.

Meat ball industry

The history of Hsinchu meat balls is almost one hundred years long. During the early settlements of our forefathers across Taiwan Strait, women in ancient Hsinchu fed hogs and made meat balls from the rear leg of black hogs which were tenderized by hand. These are delicious with rich texture in the mouth. Meat balls are well-known local cuisines.

With the century-long development and succession, the traditional industry of meat balls has numerous flavors, such as mushroom, strawberry, mullet, anka, etc., satisfying the gourmet needs of consumers.

Vision

The Healthy City and Elder-Friendly Program is a program of sustainability. The health population, health environment and health society in a healthy city should be organically integrated as a whole to constantly

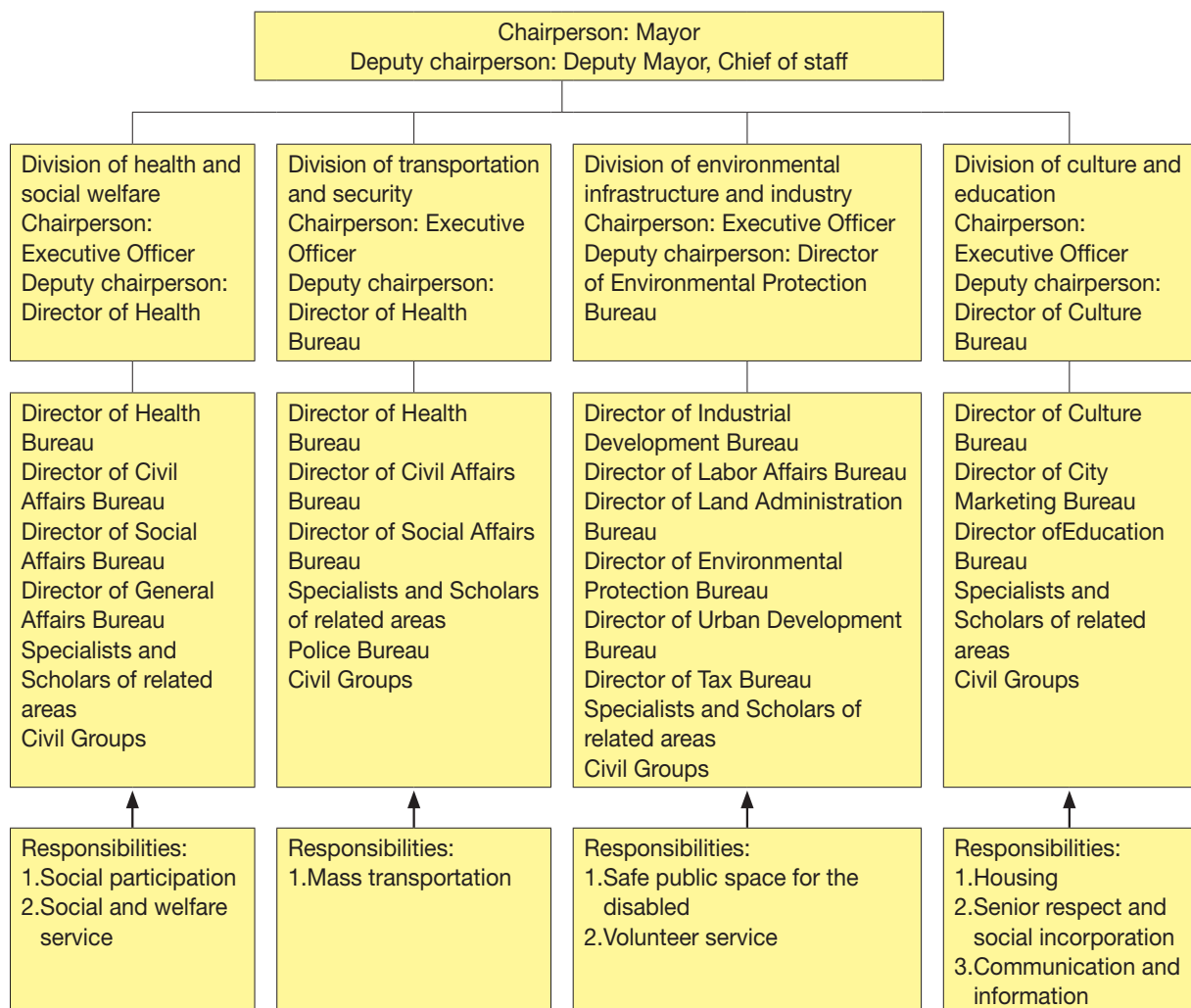
improve environment and raise community resource. By these, the citizens of a city could support one another to maximize their accomplishments.

The Healthy City and Elder-Friendly Program in Hsinchu City could facilitate the establishment of interdepartmental integration mechanism of this system and introduce the concept and implementation of elder-friendly city to the governmental employees and citizens of Hsinchu City. This program could also foster the interdepartmental cooperation and fulfill the vision of sustainability. By these, Hsinchu City will create a living environment of intelligence and LOHAS for its citizens and the elderly and become a healthy and elder-friendly city, achieving the full goal of city development - "Hsinchu of Technology, City of LOHAS"

Overview

(1-1) The Committee of Implementation

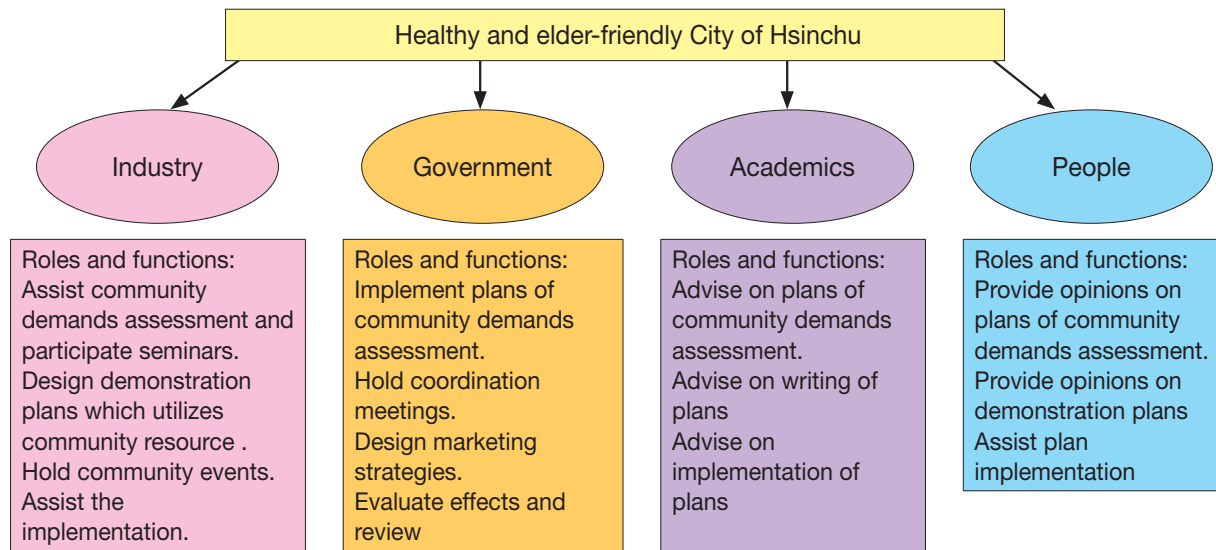
Hsinchu City established an implementation committee in November, 2010. The mayor is the chairperson and invites the directors of various departments, local scholars and NGO representatives to be the members of this committee. The autonomous regulations are also issued. The organization chart of the committee is shown as below:



(1-2) The implementation mechanism

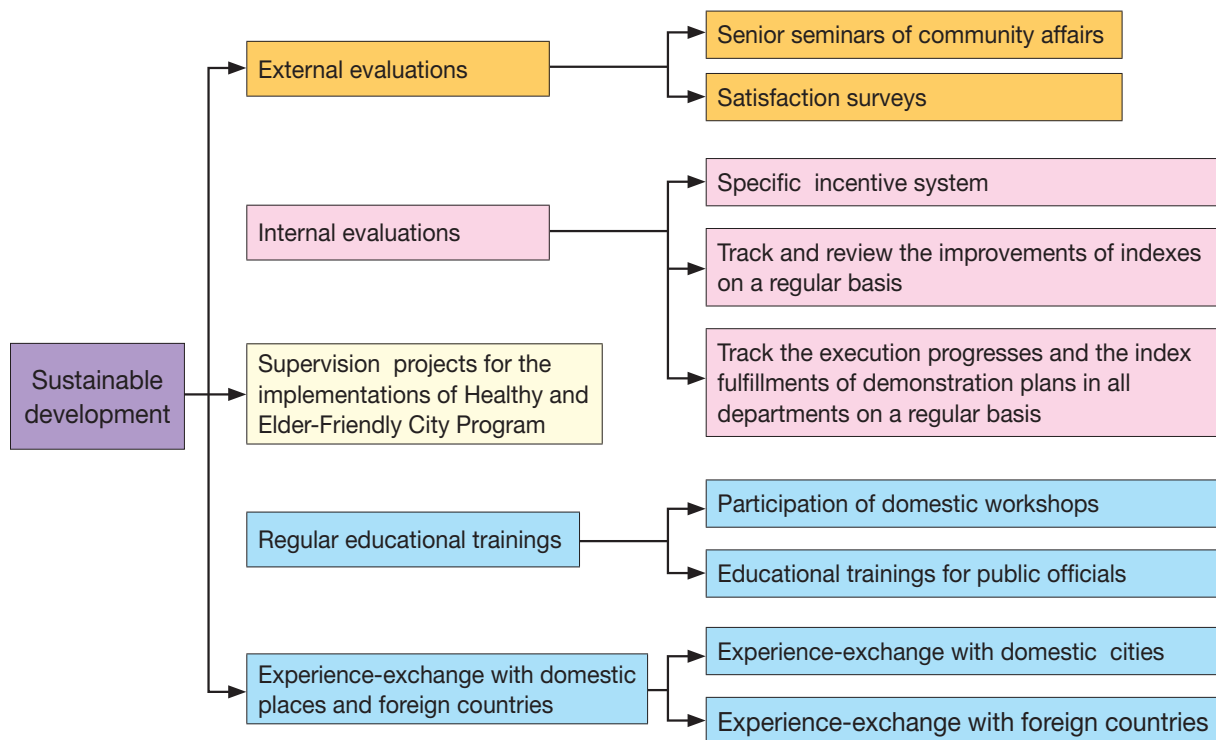
The interdepartmental domains of industry, government, academics and people are cooperating to implement the Healthy City and Elder-Friendly Program. The roles and functions of every organization is

shown as below:



(1-3) Design the mechanism of sustainable development in tracking, supervision and evaluation of plans

For the sustainable development of healthy city, the Health Bureau and General Affairs Bureau should track and supervise the execution progress of related plans. The General Affairs Bureau should track the evaluation indexes of the implementation progresses of all plans in every department every month. The Health Bureau should track the implementation progresses of all plans in the meetings of the implementation group every season and review/rectify the future implementation strategies by the internal and external evaluations and the citizen satisfaction surveys. In addition, regular educational trainings and experience-exchange events with domestic and foreign cities should be held to introduce new knowledge from domestic cities and foreign countries and promote the internal administration efficiency. By these, we can establish the healthy and elder-friendly city which fulfills the needs of citizens.



(2) The Healthy City programs implemented for the citizens of Hsinchu City are shown as below:

1. Implement the programs of "My Good Neighbor - Elder-Friendly Bank in Community" and "Pharmacy Certification for the aged" to provide the elderly with a considerate, safe, professional and friendly service of banking and pharmacy.
2. Establish the BabyBots at care locations in community to provide citizens with a convenient and intelligent service of cloud health care .
3. Improve the health care system for women and children. Provide children with free vaccination against *Streptococcus pneumoniae* and girls aged 13 with free vaccination against Human Papillomavirus. Establish the pediatrics network of integrated medical care and referral. By these, we can better the medical quality of the health care system for women and children.
4. Implement the "Restaurant Grading Evaluation" for the restaurants and food merchants to improve the management of food sanitation and prevent food poisoning. By these, we can maintain the food safety for citizens.
5. Promote the installations of automated external defibrillator(AED) to provide the availability of instant first-aid equipment at public space. Implement the public space safety certification and the CPR educational trainings to maintain the citizen safety.
6. Improve the health care for women and children. The programs of "Vaccination for Daughters, Smear Test for Mothers" and "Vaccination and Smear Test" are to highlight citizen health so that the goal of "Early Diagnosis, Early Treatment" could be achieved.
7. Create the smoke-free environment and enforce the law of no smoking. Promote these measurements to built a healthy and smoke-free city of happiness.
8. Integrate the resources of mental health in our city. The "New Journey Heart Journey" promotes the awareness and utilization of mental health resources in our city.
9. Promote and implement the drug-free campuses in our city to create a healthy, fresh and friendly campus environment.
10. Implement the programs of free downtown buses and low-floor buses and provide the elderly with discounted fares.
11. Provide "Service of Child-rearing Guidance ": for novice parents who have children aged from 0 to 2 and low-income families who have children aged below 6, if they register their household at Hsinchu City and actually live in Hsinchu City, city government will provide them with the service of child-rearing guidance or arrange a free councilor to home.

(3) The advantages of healthy city promotion in Hsinchu City

1. Hsinchu City has the world-class Hsinchu Science Park and the excellent academic resource and elite manpower from universities, such National Tsing Hua University and National Chiao Tung University. These could assist city government to implement all the programs which need interdepartmental cooperation.
2. The mayor supports the promotion of healthy city with all his heart. He served the post of board director of Alliance of Healthy City, Taiwan (TAHC) from 2012 to 2014. In October, 2012, Mayor led 60 members of TAHC to attend the 5th Assembly and Seminars of AFHC in Australia. Hsinchu City won the award of Innovative Accomplishment in Health Equality with the health care program of aboriginal people and low-income women. The administration performance of Hsinchu City is highly praised by many domestic and foreign cities.
3. Active participation of domestic and foreign experience-exchange events: Advice from others may be very helpful. In addition to the 5th Assembly and Seminars of AFHC, in 2013, Mayor also led 40 or so members to visit the Secretariat of AFHC in Japan and members o AFHC(Abiko City of Chiba Prefecture, Kashiwa City of Chiba Prefecture, Akita City of Akita Prefecture, etc.) to find out the current implementation, administration and effects of healthy and elder-friendly city in other cities overseas so that we can improve our implementation strategies.



Illustration : A group photo with Hongkong Delegation in front of the poster of Hsinchu City



Illustration : A group photo with the Secretariat of WHO AFHC in Japan which is located in Tokyo Medical and Dental University.

(4) The major improvements after the implementation of healthy city in Hsinchu City is shown as below:

1. There are 138 indexes of the Healthy City and Elder-Friendly Program, including 29 international indexes and 109 domestic indexes (for health: 84, for the elderly: 56). The Office of Healthy City regularly evaluates the improvement of all indexes by the related data from all departments. Compared the data in 2012, the indexes in 2013 are all improved: the average growth rate of civil affairs and social affairs in the division of health and social welfare is 6.24%; the average improvement rates of transportation infrastructure, police affairs, and fire protection affairs in the division of transportation and security are 52.86%, 1.36%, and 31.24%, respectively; the average improvement rates of environmental protection, urban development and service for industry, and labor right affairs in the division of environmental infrastructure and industry are 7.45%, 9.40%, and 0.74%, respectively; the average growth rate of culture and education in the division of culture and education are 15.32% and 34.19%, respectively. In addition, the result of a telephone poll by a civil organization shows that 88.7% of the respondents believe that Hsinchu City is good for people to reside; 90.6 % of the elder respondents believe that Hsinchu City is good for people to reside.
2. Furthermore, we also attended many domestic and foreign competitions to present our administration results. In 2012, Hsinchu City won the award of Innovative Accomplishment in Health Equality with the health care program of aboriginal people and low-income women. In 2012, Hsinchu City also won 4 awards of Innovative Accomplishment from TAHC. In 2013, Hsinchu City also won 6 awards of Innovative Accomplishment and Excellence from TAHC. These awards adequately shows our administration capabilities and performances in the implementation of the Healthy City and Elder-Friendly Program.
3. In the 2012 survey of healthy city by Common Health Magazine, Hsinchu City ranked the first in the current health situation. In the survey of best retiree-friendly city, Hsinchu City ranked the second in economics, residence quality, social participation, leisure culture, stress index, social care and medical care. In this survey, Hsinchu City ranked the first in the social participation and resources, indicating that it ranked the highest in the number of elders aged over 55 per hundred people to attend the senior citizen adult education program, the number of community development associations per administrative district (38 in Hsinchu City), the number of community colleges, the number of classes for housewives, etc. In the survey of overall competitiveness of that year by the same magazine, Hsinchu City ranked the second. In 2012, the result of the happiness index survey by Economic Daily News showed that Hsinchu City ranked the first in the objective evaluation of happiness sense and happiness power, making Hsinchu City the most happy city in Taiwan.
4. In 2013 and 2014, Hsinchu City was awarded the first seven intelligent cities in the world by Intelligent Community Forum (ICF), affirming Hsinchu City as a healthy, intelligent and LOHAS city by national and global societies.



Illustration : 2013 Hsinchu city Grandparents Fireplace activities



Illustration : 2013 Hsinchu city join Taiwan Health Vitality Show activities

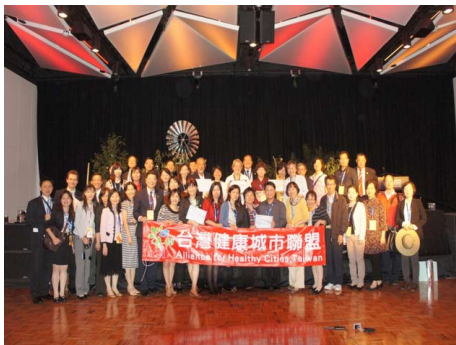


Illustration : 2012 Hsinchu city participate in the Fifth WHO AFHC worldwide healthy cities Seminars and awards ceremony



Illustration : 2013 Hsinchu city senior Games



Illustration : 2012 Hsinchu city present "New residents and disadvantaged women health care plan" won the AFHC Innovations Development Award



Illustration : 2013 Hsinchu city visit AFHC Secretariat in TOKYO

History

The Hsinchu Healthy City has been brought into action since August, 2010 and joined the Alliance for Healthy Cities(AFHC) in February, 2012. The whole program comprises the staff team, the establishment index and city archives, the demonstration plans, the cooperation of various departments, the strategies of marketing and development, the mechanism of community participation, etc. We also developed a public health policy to accomplish the starting phase and the building phase of Healthy City Programs. It is currently in the acting phase of Healthy City Programs.

The Healthy City and Elder-Friendly Program has finished its first and second phase(starting and building phase) and is currently in the acting phase. We are implementing the mechanisms of community participation, the cooperation of various departments, the establishment and improvement of healthy city index, the designing of the demonstration plans in Hsinchu City, the integration of the related government

budgets, the intensification of organization operation, and the promotion of public awareness.

Furthermore, we constantly apply the PDCA method to track the execution progress of action plans and collect the related data of yearly indexes to specifically evaluate the effects of action strategies.

Media publication information, if relevant

In order to introduce the concept of healthy city and the process of building a healthy city by government to citizens, we worked in cooperation with a local TV station, Cheng-Tao TV, and arranged weekly 10-minute interviews for the directors of all departments in city government. We also arranged the interviews with local mass media, including Sound of IC and UNI radio station, to introduce the indexes of implementing healthy city, the content of demonstration plans, the execution progresses and the future strategies to citizens, which helps citizens understanding the implementation of healthy city by public officials.



Illustration : Mayor in a interview held by an anchor of Cheng-Tao TV

In order to create the atmosphere for the implementation of the Healthy City and Elder-Friendly Program and introduce the administration strategies and anticipated effects of city marketing to citizens, we filmed videos to introduce the administration of healthy city and the marketing promotion of healthy and elder-friendly city image. These videos are broadcasting not only on the website of healthy city, but also on the local mass media. Moreover, they are shown in the educational trainings or the promotion events. We also uploaded them to Youtube and broadcast them on the LED billboard in downtown area to express the vision of Hsinchu healthy city and promote the image of city government. These measures can propagandize the beauty of Hsinchu with the help of local special scenic spots and creative cultures so that visitors in other cities would be attracted to visit Hsinchu City. We also attended many experience-exchange events and competitions to promote Hsinchu City all over the world.



Illustration : A video uploaded to Youtube (a frame of the healthy city video)



Illustration : A video uploaded to Youtube (a frame of the elder-friendly city video)

 	<h2 style="text-align: center;">Hsinchu County</h2>  <p style="text-align: center;">http://web.hsinchu.gov.tw/english/hsin-eng/hsin-eng.jsp</p>	<ul style="list-style-type: none"> - Population : 530,882 People - Number of households : 175,080 Households - Area : 1,427.5931 km² - Major industries : <ol style="list-style-type: none"> 1. High technology IC industries 2. Traditional agriculture with Hakka culture
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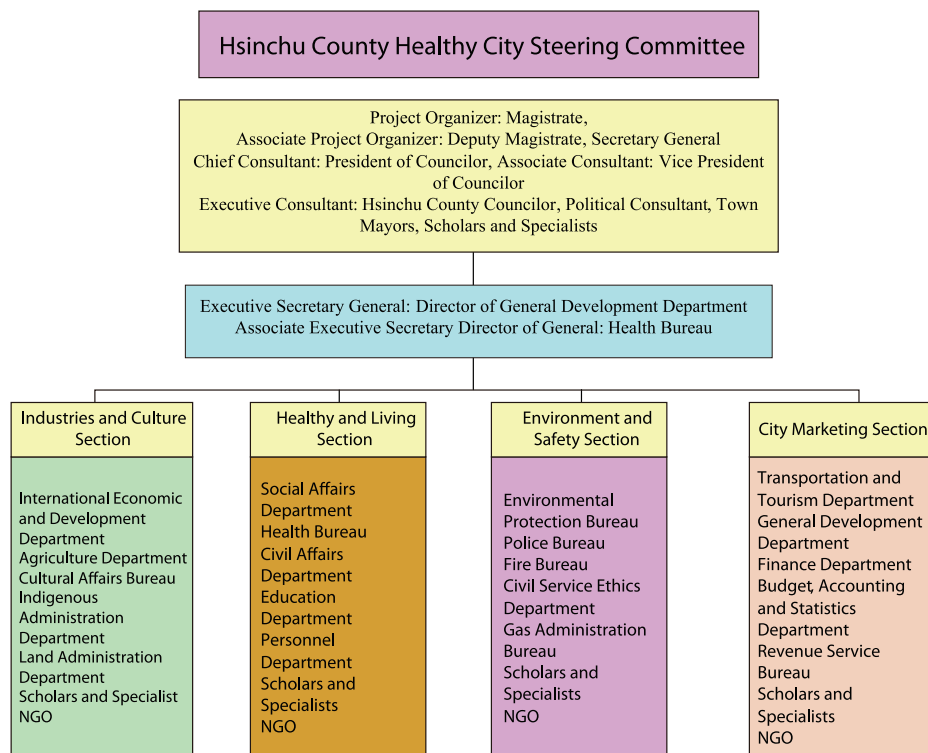
Professional career:

- Legislator of the 4th , 5th, 6th and 7th term
- Provincial Congressman of the 9th and 10th term
- Managing Director, Chief Supervisor and Chairman of World Hakka Association

Magistrate's Political Views:

1. Recruit merchants to make fortunes greatly, to create economy and employment.
2. Construct convenient transportation, to improve transportation facilities.
3. Construct the features of cities and rural areas, to integrate regional construction.
4. Conduct marketing for agriculture and fishery, to carry out village reconstruction.
5. Establish safe homeland, to protect home safety.
6. Enhance quality of education, to promote country-wide movements.
7. Fulfill social welfare and care, to create a warm city.
8. Develop tourism, art and culture, to cultivate local culture.
9. Carry out environment hygiene and healthcare, to conserve energy and sustain our homeland. Offer convenience to people and show honesty and ability, to establish a government of mobility.

People of your Healthy City committees/ teams



Vision

Hsinchu County will become a more healthy, sustainable environment for people of all ages, and a place where the city's vision of a, "Joyful and Sustainable Living, Healthy Hsinchu County," can be implemented and the objective of "sustainable industry and culture, great health and living, and a safe, high-quality environment will be achieved.

HsinChu County Goals: City of Hope, Brightness, Technology.

Overview

(1) Organizational structure of your Healthy City (secretariat, steering committees, planning process, evaluation mechanisms, if any).

Several accomplished experts, scholars, and core teams attended a joint meeting to form the "Hsinchu County Healthy City Steering Committee" which included setting responsibilities, an organizational structure, and identifying key stakeholders. The committee brought together county government employees, scholars and experts in relevant fields, the public sector, community organizations and residents to work towards building a quality Healthy County. It aims to strengthen community residents' consensus, integrate and make efficient use of government and community manpower and resources, and enhance the ability to deal with issues concerning individual and community health. The committee has monitored Hsinchu County closely based on the WHO Healthy Cities index, and continuously analyzes relevant factors affecting the health of Hsinchu County. Steering committee members were divided into four groups: industry and culture, health and living, environment and safety, and city marketing. The Hsinchu County Healthy City Steering Committee was established in 2011, and the organizational structure.

(2) Example of major activities, projects, plans

- Industry and culture: to promote industrial development, economic growth, upgrade the standard of living, arts appreciation, and cultural heritage, to yield a higher-quality of life.
- Health and living: Hsinchu County will become the happiest, healthiest, and most sustainable environment for people of any age living in Taiwan, and where the County's vision, "Joyful and Sustainable Living, Healthy Hsinchu County," can be implemented.
- Environment safety: to establish a high-quality living environment and secure residents' safety and property.
- County marketing: to develop the tourism industry, strengthen tourism quality, and promote support for a Healthy Community by integrating media modes.

(3) Major strengths of your Healthy City (some strong points of your Healthy City, based on your judgment).

The Zhubei Urban Planning and Liujia HSR Station Special District has especially attracted many new residents. The county's well governed industrial economy, the living environment, and quality of living have been acknowledged by many residents in Zhubei. Hsinchu, Taoyuan, and Taichung Counties have been viewed as Taiwan's three major fast growing metropolitan areas. Because of the so-called "bright future" plans, including biomedical parks and eco-industrial parks, the population in Hsinchu County is increasing even faster.

(4) Major progress your city has made by using the Healthy Cities approach or some difference you have observed in your city since you have worked to create a Healthy City.

1. Hsinchu County develop a cloudy blood pressure plan to lead the population can use their cell phones to understand the change in blood pressure themselves so that the population are unnecessary going to hospital and they can get the necessary information from APPs.
2. Hsinchu County Government works together with private buses to be a healthy caring bus to free pick up the population from each place in Hsinchu County to hospital. This policy helps the older population don't worry about the traffic problem when they need help.
3. Based on the scholar investigations, the national vision of Hsinchu County is increasing and our county is the best city for living in northern Taiwan. In addition, Hsinchu County is ranking as the 4th in all

Taiwan's cities where the population feel very lucky and happy.

4. In future, Hsinchu County will focus on develop a low carbon using and energy saving city and hope to establish a good “home” for all the population to reach the final targets “Hope, Bright, Technology City”.



History

1. Hsinchu County started to toward a health city since July, 2011.
2. Four important item were carried out in the first year such as (a) obtain the policy promise from the leader of the Hsinchu County; (b) develop a core team including the universities, government, communities and political figures to figure out the steps for toward a healthy city; (c) construct a committee to discuss the jobs of toward a healthy city and divide all the bureaus, departments and affairs of Hsinchu County Government into four groups; (d) prepare all the data and papers needed by WHO.
3. Hsinchu County was passed the qualification by the AFHC as a Healthy City in March, 2013.
4. 2014 was defined as the First Year of Health in Hsinchu County and we used the mandarin “ ” (namely, keep exercise) as the target of healthy polices. We hope to invite more than one million people to join the activity of “Keep exercise in Hsinchu County” (<http://video.hsinchu.gov.tw/video.aspx?MediaId=4554e249-d2c9-4e14-800e-0762680affa9&Category=-1>)

Media publication information, if relevant

<https://www.youtube.com/watch?v=TJd0oDadcuo>

<https://www.youtube.com/watch?v=2TsPkbXljd8>

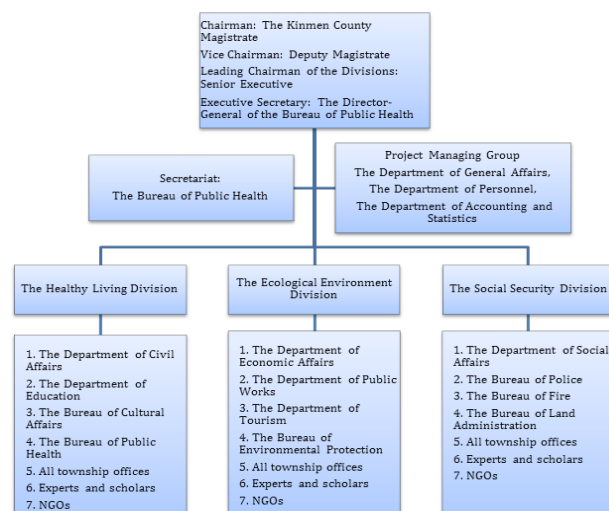
 	<h2 style="text-align: center;">Kinmen Healthy City Promotion Association</h2>  <p style="text-align: center;">金門縣健康城市 Kinmen Healthy City</p> <p style="text-align: center;">http://healthycity.kinmen.gov.tw/</p>	<ul style="list-style-type: none"> - Population : 120,713 People (2013) - Number of households : 36,558 Households (2013) - Area : 153.056 km² (2013) - Major industries : Service Industry 69 (2013)
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Vision

Kinmen County focuses on the idea developing under the mindset of “Healthy City, Happy Kinmen”, and makes this a slogan for promoting Kinmen County as a Healthy City. The future goals include promoting sustainability, international tourism, trendsetting smart city, and providing cross-strait services. With eight strategies as guidelines, such as promoting low carbon economy, creating more cooperating opportunities for Taiwan and China, encourage tourism, confronting future challenges, enhance administrative efficiency, supporting local businesses, endorsing LOHAS lifestyle and enriching Minnan culture, Kinmen County is to become a role model in environmental awareness, building a competitive economy and making the county a better place to live. Kinmen County wish to follow the spirit of the WHO in promoting the healthy city project, and currently Kinmen County are at the first stage of this project in terms of county infrastructures and healthcare benefits.

The goal of the healthy city project is to incorporate the county development and the needs of the Kinmen County public. Through improving the society innovatively and providing community resources, Kinmen County public can interact and support one another with increasing involvement in the Kinmen healthy city project. The county also leads the public sector in implementing public health policies, improving the living quality and environment of Kinmen County as well as providing a sustainable development for the city.



Overview

(1) Organizational structure of your Healthy City (secretariat, steering committees, planning process, evaluation mechanisms, if

any)

(2) Example of major activities, projects, plans

Divisions	Themes and Dimensions	Name of Demonstration Plan	Concrete Measures	Index code	Local Indicators
Healthy Living	Education and learning	Promote education plan for foreign spouse and their children.	Arrange council meetings with foreign spouses and families; plan multicultural activities, parenting skills learning classes and Mandarin classes.	BK1	Number of foreign spouse and their children attended.
	Education and learning	Promote "Learning For All Ages" activity plan	Build a learning center for all ages, and provide all varieties of classes and activities.	BK2	55 year old and older attendance growth rate
				BK3	Growth rate of courses provided.
	Sports and Exercise	Kinmen as advocate of LOHAS living	Promote exercise and health awareness, create quality exercise environment, and encourage public involvement in sport activities.	BK4	Ratio between sport equipment and users.
	Arts and culture	School campus touring performances, The beauty of traditional Kinmen traditional shadow puppet	Arrange cultural performance tours for school campuses, promote along with local schools. Promote traditional arts and cultures with the aid of classes provided by the learning center, which is founded by the Department of Education.	BK5	Attendance rate for 60 year old and older in touring performances and community school activities.
	Arts and culture	Temple touring activities for the elderlies	Arrange temple tours for elderly to Kinmen or Taiwan temples, to encourage outdoor activity participation.	BK6	Attendance rate in temple tours
	Patient care	Kinmen medical evacuation efficient service plan	Launch the Kinmen Hospital Transfer Service Center; subsidize ambulance fees for urgent patients. Improve medical transfer process quality; install service desks at Taipei Veteran General Hospital and Tri-Service General Hospital.	BK7	Satisfaction survey in medical evacuation services.
	Health care	Increase service providers of the local integrated screening tests for the elderly	Provide multiple health examination services, automatic management systems at local offices; combine social resources to promote health education.	BK8	Integrated screening coverage rate for 65 year old and older
	Health care	Drug use safety promotion for the elderly	Organize drug use safety promotion, including media advertising and seminars to enhance the awareness of drug use safety.	BK9	Yearly attendance rate of elderlies in the drug use safety promoting activities
				BK10	Yearly satisfaction survey of the drug use safety promoting activities.
	Health care	Celebrate holidays with health awareness.	Organize courses at the Community Health Building Center and train volunteers about health education to make impact on people around them. Advertise the importance of vegetable-based diet through health education programs.	BK11	Growth rate of attendance in healthy living promoting activities.
				BK12	Satisfaction survey of the healthy living promoting activities.
Ecological Environment	Township scenery	Kinmen historical building maintenance subsidiary program.	Owners of the traditional Minnan or other historical buildings can apply for subsidiary and receive approval if qualified.	CK1	The frequency of historical building maintenance.

Ecological Environment	Quality environmental reform	Renovate military facilities no longer in use into theme exhibition halls. Recruit volunteering tour guides; canvass environment resources to increase visiting count.	CK2	Satisfaction survey of botanical garden.
			CK3	Visitor count of the Kinmen botanical garden fan page.
			CK4	Yearly visitor count of botanical garden.
			CK5	Amount of commemorating photos of Kinmen veterans returning to battlefield collected.
Quality living	Create plan for building barrier-free living environment	Improve barrier-free facilities currently installed in public buildings; Organize barrier-free related policies promotion.	CK6	Rate of completion of improving the barrier-free facilities in public buildings
Township sceneries	Encourage communities to join in environmental maintenance projects.	Execute projects to help maintain and improve environment hygiene and landscape.	CK7	Increase yearly green belt coverage area.
			CK8	Carbon sequestration rate from the amount of trees planted.
Ecological Environment	Increase installing coverage of sewage connection-pipes	The construction of Kinmen sewage sewer system.	CK9	Calculate connection-pipes coverage rate
Water resource	Water storage facilities as extension to the area water drainage system	Evaluate if water storage efficiency have met the needs of local farmers; Launch yearly projects of water storage system construction.	CK10	Actual water storage rate from all areas
Township sceneries	Kinmen township sceneries micro-demonstration plan	Extend progress made by Kinmen community planner training program; focus on all neglected spaces within the community, environment hygiene and landscape, and space reuse.	CK11	Demonstrate environment improvement
Feature sightseeing	Night stroll across the historic Houpu town with free tour guidance 7:30 each night	At 7:30 PM, tour guide would start from the Military Headquarters of Qing Dynasty and lead way into an experience full of the beauty of ancient Kinmen.	CK12	Visitor growth rate in Houpu tour guide activity
Transportation	Bus stop facilities improvement and construction	Improve current bus stop facility services to meet passenger needs, and provide better service.	CK13	Installment rate of passenger-friendly bus stops
			CK14	Accessibility of bus stops (Satisfied and Very Satisfied)
			CK15	Sign and logos noticeable (Satisfied and Very Satisfied)
Feature sightseeing	2013 Jincheng Houpu moon-festival cake activity	Customers can join the moon-festival cake lottery once they made purchase of any item.	CK16	Count of customers who made purchase at the Jincheng Houpu shopping district.
Ecological Environment	Install Kinmen low carbon emission LOHAS lifestyle initiative	Through activities such as energy saving, environment landscaping, low carbon emission promotion and low carbon footprint tourism to decrease total carbon emission.	CK17	Carbon dioxide emission per capita (in tons of CO ₂)
Ecological Environment	Bulk waste recycling and reuse	Promote environmental education and resource reuse; support all township offices in building a basic repair shop; setup second-hand stores and internet platform for recycled items.	CK18	Reuse rate in repaired second-hand furniture

	Ecological Environment	Seawater pollution prevention scheme	Monitor water quality and reinforce on preventive public education; Harbor and ship boats safety inspection; seawater pollution response training; reinforce coastal garbage cleanup; cooperate with China officials in marine environmental protection.	CK19	Monthly inspection of all harbors
				CK20	Yearly calculation of the amount of floating garbage from sea surface collected
Social Security	Care for socially disadvantaged	Foreign spouse life adjustment counseling plan	Organize courses and programs for foreign spouse and family members; promote culture diversity.	DK1	Counseling rate for foreign spouse and family
	Social involvement	Encourage older volunteers to participate in elderly care programs	Encourage senior citizens to participate in volunteer training, volunteer activities, performance recognition ceremonies, attend gatherings.	DK2	Growth rate of participation of older volunteers
	Social benefits	Training for the unemployed program	Provide short-term job opportunities and diversified occupation training programs.	DK3	Participation rate of the unemployed
				DK4	Rate of employment after training
	Social benefits	Safe, barrier-free environment for the elderly	Promote barrier-free home environment and services, and emergent aid system installment; setup community sections to provide care.	DK5	Growth rate of non-barrier facility installment subsidiary applicants
	Community safety	Help elderly recognize fraud; prevent fraud crimes	Use public media to reinforce fraud crime prevention education; cooperate with Greater China region to form alliance to combat fraud crimes.	DK6	Number of seminars held in all areas of Kinmen in preventing fraud crime
	Community safety	Prevent and lower the rate of automobile accidents with senior citizens as main target	Reinforce transportation safety education, improve transportation infrastructure and take strict actions against traffic violation.	DK7	Ratio of automobile accidents per 100,000 senior citizen
	Community disaster prevention	Construct a safe senior home for senior citizens	Organize fire drill group trainings every 6 months for all staff members in areas such as: basic firefighting training, and the operation of fire safety facilities on site to enhance basic training.	DK8	Yearly staff participation rate in fire drills
				DK9	Death toll due to fire in senior homes
				DK10	Number of fire accidents in senior homes
				DK11	Timetable for senior homes' to apply for disaster response certification should be earlier than scheduled.
	Social involvement	Cross-strait public services improvement plan	Kinmen Department of Land Administration works together with the Department of Land Administration of New Taipei City and provide service to collect documents locally and send to China.	DK12	Number of increase of land registration documents from cross-straits by year.

(3) Major strengths of your Healthy City (some strong points of your Healthy City, based on your judgment).

1. Complete Social Welfare
2. Well Education Grants
3. More Employment Opportunities

4. Promote Low-Carbon tourism
5. Abundant tourism resources of Birds, Culture and Military Monuments

(4) Major progress your city has made by using the Healthy Cities approach or some difference you have observed in your city since you have worked to create a Healthy City.

1. Strengthen the interaction between public and private organizations
2. Conduct the citizen needs assessment and delivery into solution
3. Establish a resource sharing platform
4. Integrate healthy city promotion strategies around all public departments



History

Due to political and military restrictions in the past, urbanization in Kinmen County is comparatively slower than the Taiwan main island, therefore the economic development and cultural customs are different, thus making the progress of developing the health city project slower than other cities. Since 2012, Kinmen County has focused on providing an Age-Friendly City environment concerning the elderly aged population. By emphasizing on the needs of the elderly population, more measures are taken on confronting the impact brought by the aging society issue, which have influence on the society, environment and economy. The county government has put in resources to understand the needs of aging population and addressing the concerns of providing better health care. Through cross-bureau cooperation, Kinmen County achieved the first step in making the city space a friendlier place for the elderlies meanwhile promoting a healthy lifestyle project citywide. Then the idea of sustainability and Lifestyles of Health and Sustainability (LOHAS) was introduced, further transforming Kinmen County into a healthier and friendlier place to live. Kinmen County is the first city to have taken both the healthy city project and the Age-Friendly City project into account among all the other cities in Taiwan that promote healthy lifestyles.

To promote the Kinmen Healthy City project, the 20 steps provided by the WHO has been used as reference, as well as the description of the 3 developmental stages in order to devise a strategic plan that can be compatible with the local geographical characteristics and local features. To learn more on the progress on project promotion, and to better manage the goals and policy reform, an “Evaluation” stage has been added in the last phases of the promotion progress, to make certain that the end results are completely suitable for the county, and the proper allocation of the needs and resources available. The main objective of the Evaluation stage is to understand the current status and challenges during the implementation of the Healthy City Indicators. By finding solutions for the challenges, the overseeing committee can better evaluate the progress of project execution. The project includes 4 development stages as main themes, there is no exact order, and the order can be rearranged with consideration of resources available and the needs or current situation of the county.

Stage of Development	Steps of Promotion
Starting Stage	<ol style="list-style-type: none"> 1. Build core task force. 2. Complete investing of actual public needs. 3. Finish task analysis of county government cross-bureau cooperation. 4. Setup timelines to discuss resource management, and workshop for further discussion. 5. Fund raising.
Formulating Stage	<ol style="list-style-type: none"> 1. Determine organization structure 2. Prepare project in details. 3. Commitment from the magistrate. 4. Setting future goals and prospects for Healthy City. 5. Forming the Healthy City Promotion committee and establish project-managing office.
Action Stage	<ol style="list-style-type: none"> 1. Analysis of current resource status. 2. Ascertain projects and missions. 3. Formulate Project execution strategies 4. Develop execution abilities. 5. Build a tangible evaluating system
Evaluation Stage	<ol style="list-style-type: none"> 1. Demonstration of how to promote all key themes continuously. 2. Involvement of Kinmen community resources in joint demonstration of all themes. 3. County government cross-bureau cooperation in promoting Healthy City. 4. Evaluate execution progress and end results. 5. Apply for AFHC certification from WHO.

Media publication information, if relevant

(1) Newspaper (website : <http://www.kmdn.gov.tw/ch/index.aspx>)

推動健康城市 金門成立專案辦公室



2013-05-28

縣府啟動健康與高齡友善城市計畫



2013-07-24

金門健康城市與高齡友善城市 啟動

縣府先後召開分組會議 制定本土指標及研擬社區參與計畫 期呈現金門亮點和參加評選



2013-8-30

推動高齡友善城市 縣府訂計畫



金門縣政府為推動高齡友善城市，訂定「金門高齡友善城市推動計畫」，並成立「金門高齡友善城市推動小組」，由縣長李進勇擔任召集人，各局處主管為成員。該計畫旨在提升金門對高齡人口的生活品質，並促進社會參與。計畫內容包括：改善公共設施、加強社區服務、推動健康促進等。目前，各局處正積極配合執行，預計將於今年內完成初步規劃。

2013-12-31

全國健康高齡友善城市評選 金門囊括四大獎項

首次參與評選縣府社會處榮獲「安居獎」 建設處獲選「無礙獎」 消防局榮獲「安全獎」 地政局獲選「平等獎」



2013-11-27

營造健康友善城市 縣府跨局處整合

記者翁維智／縣府報導

為制定金門健康城市與高齡友善城市本土指標，縣府昨召開「環境生態組」102年第一場跨局處分組會議。這項會議由縣府參議張忠民主持，張忠民致詞時，102年縣府連辦了3場次跨局處分組會議，輔導各局處研擬行動方案與社區參與計畫，並以「創新性」、「量化的指標」、「跨局處整合」作為本縣示範計畫與本土指標擬定原則，這無疑已為這項示範計畫與本土指標擬定工作，邁出了重要一步。

截至今年第一場次跨局處會議為止，本縣共擬定了健康城市與高齡友善城市行動計畫16項、示範計畫30項、本土指標計75項（含國際指標31項）。張忠民表示，大家希望，大家有計畫、有想法時，就思考如何展現行動力，而在展現行動力的同時，張忠民也提醒大家，一個健康城市不應只注重硬體建設，而要在心理建設方面多著力。

這場跨局處分組會議，同時邀請金門縣健康城市計畫主持人鄭光一、副教授主講「依循國際五大行動綱領建立健康的公共政策」，鄭教授以新竹縣、台東縣、台南市等參考範例，希望縣府能建立原則，並從中找出符合金門縣施政重點、特色、民意，各部門、局處能相互配合執行，且因此而有效改善健康城市本土指標數值的政策。

會議也針對各局處年度預算編列及執行期程規則展開討論，並將後續進行最終檢視修正。昨天出席這項會議的有衛生局副局長李金治及縣府各局處相關主管人員。



2014-5-27

角逐健康城市 縣府戮力以赴

記者陳建輝／金門報導

金門縣政府為角逐健康城市，昨（六）日召開第六場跨局處分組會議，由縣長李進勇主持，各局處主管為成員。該會議旨在進一步推動健康城市計畫，並加強各局處之間的協調與合作。會議中，各局處就如何提升金門的健康水平，並促進社會參與，提出了多項建議。縣長李進勇表示，縣府將全力配合，並確保各項計畫能如期落實。目前，各局處正積極配合執行，預計將於今年內完成初步規劃。

2014-6-17

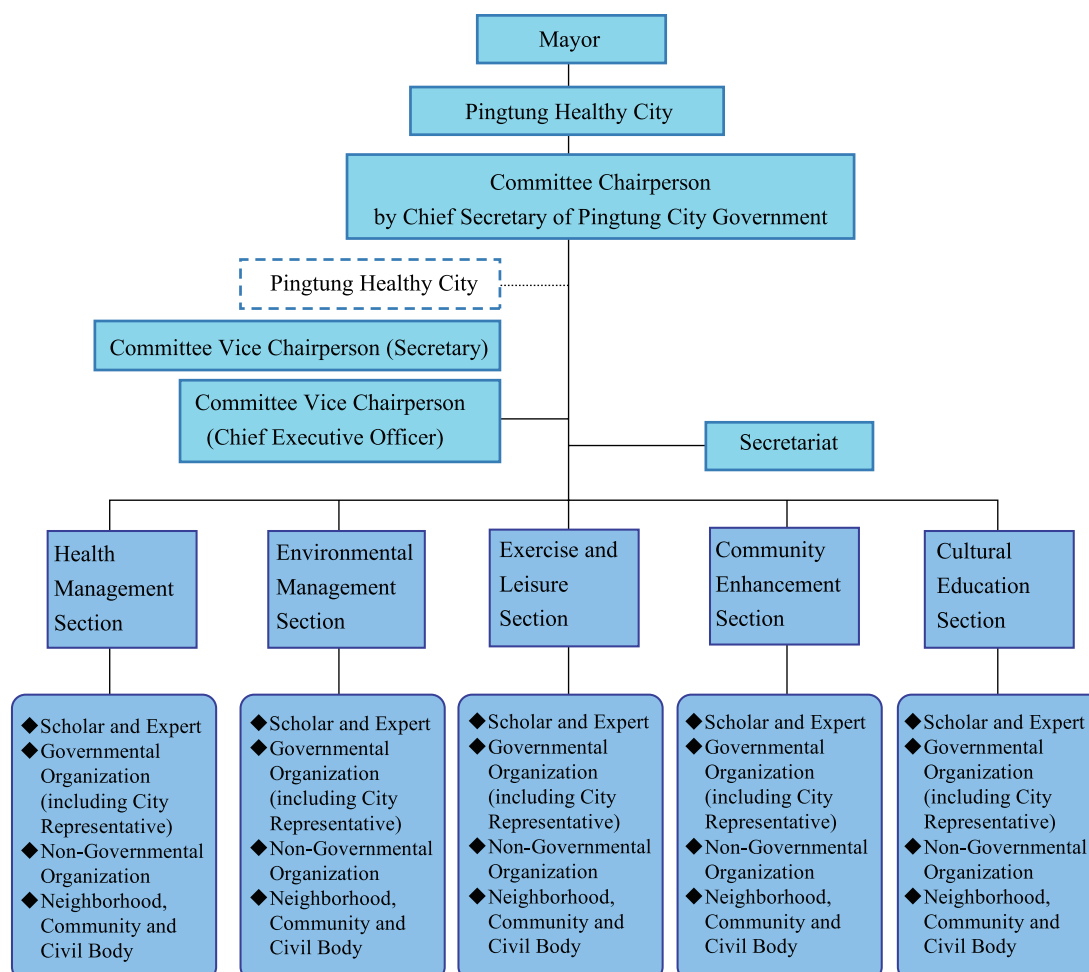
 <p>Honory Chairman Shou-Shan Yeh (Mayor of Pingtung City)</p> 	<h2 style="text-align: center;">Pingtung Healthy City Association</h2> <p style="text-align: center;">http://203.64.130.61/Healthy%20City.asp</p>	<ul style="list-style-type: none"> - Population : 204,941 People (2014) - Number of households : 73,233 Households (2014) - Area : 65.0670 km² (2014) - Major industries : The major one is food processing industry, followed by metal and ready-made clothes manufacturing. Agriculture: The major ones are leaf vegetables, oldham bamboo shoot, and bananas.
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**Honory Chairman
KUO-CHING HUANG**



**Chairman
HUANG,CHI-LUN**



Vision

Vision: To construct a city of health, sustainability, full of energy, friendliness, humanity, and suitable for living

A healthy city should take care of people's "physical, mental and spiritual" health. In addition to provide well-arranged leisure and cultural places, therefore, a healthy city should promote cultural atmosphere in the community to promote aesthetics in city life, enhance assurance and participation, and improve health of all the citizens in order to make a city of health, sustainability, full of energy, friendliness, humanity, and suitable for living.

Goals

1. To reduce inequality of health services in Pingtung City,
2. To construct a sustainable healthy living environment, and
3. To continue to develop healthy city ecology system and to make a ecological and aesthetic city

Through the implementation of different plans to improve the natural and social environments and to expand social resources, citizens can realize potential to reach the goal of a suitable, healthy, cultural and happy city.

- Living: Satisfy people in terms of food, clothing, housing, traffic, and entertainment.
- Production: Solicit Business and attract investments to develop economy and sightseeing industry.
- Subsistence: Promote living safety, welfare, medical care and quality of health services.
- Space: Strength quality and beauty of public art, space making and facilities.
- Ethnic Groups: Advance community enhancement and care for disadvantaged groups and to promote harmony.
- Cultural: Upgrade quantity and quality of cultural creativity and to set up human resources bank for cultural and artistic activities.
- Ecology: Carry out protection for the environment and ecological resources and to increase green in the park.



Overview

Being a county-controlled city in southern Taiwan, Pingtung City has approximately a population of 214,000. There are Hakka, Fukien, and new inhabitants. It is a place where there are honest and sincere people. It is also a place with a lot of cultural people and educational institutions. Places for exercise and artistic activity as well as community parks are everywhere. Pingtung City is a nice place suitable for living and with sufficient facilities. With its long history, there are many precious and valuable scenic spots and historical sites to make Pingtung overflowing with vigor. Residents here will be mentally developed and physically healthy. Pingtung City Government plays a major role in Alliance of Healthy Cities, Taiwan in the south and actively promotes a healthy city.

Starting from 2006, Pingtung City cooperates with Government-Industry-University to form Healthy City Promotion Committee and issue Pingtung Healthy City Charter. Afterwards, Pingtung City Government successfully participated in The Alliance for Healthy Cities (AFHC), WHO to become a member in the international organization. So far, it has promoted healthy city plans for six years. With limited resources, Pingtung City Government connects community, institutions, schools and volunteers to design plans in five dimensions: "health management", "environment management", "exercise and leisure", and "cultural education". Moreover, with the support and participation from communities, there are many good results. The concept of Pingtung Healthy City is rooted in the minds of residents and practiced out by people.

In the future, in addition to continuing policies in the past, the job for the healthy city will be promotion of city aesthetics, quality of human culture, and the connection of the globe to promote features of Pingtung City and to make a healthy, cultural, and happy Pingtung City. Moreover, based on strict self-discipline, it is hoped that healthy city plans will be progressed more smoothly and completely to make Pingtung City a suitable and beautiful little city in southern Taiwan.

(1) Organizational structure : as attachment

(2) Example of major activities, projects, plans :

Goals	Healthy, Civilized, Happy A Healthy City	
Items	Action Plan	Specific Steps
Health Management	1. Senior-friendly program	1.1 Workshops on drug safety for seniors who live alone and on healthy diet for seniors. 1.2 Program to increase recreation facilities for the elderly and to increase utilization rate. 1.3 Activities for the Double Ninth Festival (including money gifts to seniors). Plan to establish whole day/half day care centers.
	2. Taking care of the youth	2.1 Provide healthy, nutritious breakfast for children. Hold the Bamboo Dragonfly education assistance program and fun summer camps, and programs to take care of disadvantage children/students, such as giving out movie tickets. 2.2 Programs to take care of children, such as renovations of children's park facilities, building safety lanes for students to reach school safely, mobile library to promote reading and language competition for children. 2.3 Set up scholarship to train talents.
	3. To decrease health disadvantages of the middle age group	3.1 Promote smoke-free parks, smoke cessation and weight loss. Hold workshops on increasing community mental health and sanitation. 3.2 Hold sport competitions and activities such as walking and jogging. Maintain and increase fitness equipment in parks. 3.3 Plan to expand the farmland through lease and leasing the farmland out to individuals.
	4. Women-friendly Program	4.1 Set-up and utilize the lactation room 4.2 Fully inform and execute parental leave 4.3 women for breast cancer screening for diseases, such as breast and cervical cancer and hold workshops on health education
Goals	Healthy, Civilized, Happy A Sustainable City	
Item	Action Plan	Specific Steps
Environment Management	1. Ecological and environmental protection	1.1 Decrease garbage amount 1.2 Replant street trees 1.2 Increase quality of public bathrooms.
	2. Managing Constructions, space and transportation	2.1 Ensure roads, street lights, and gutters are maintained 2.2 Fundamental constructions to rehabilitate countryside villages 2.4 Construct the northern Pingtung railway bridge 2.5 Construt city sewages 2.6 Renovate streetscape based on cultural factors 2.7 Reconstruct of flood prone areas 2.8 Clean city and tidy homes Initiative 2.12 Renovate traditional markets
Goals	Healthy, Civilized, Happy A Dynamic City	
Item	Action Plan	Specific Steps
Sports & Recreation	1. Increase greenery coverage rate	1.1 Renovate urban green space and plant trees on idle lands. Plant greenery on the walls along the Airport Road. Construct Eco-friendly roads. Lease lands and plant trees from Fuxing Road to Taitang Street 1.2 Build Guang Tsin Sports Park 1.3 Expand farmlands to lease to urban famers 1.4 Replant street trees and plant greenery on road islands under the municipal government

	2. Upgrade sports and recreation facilities	2.1 Improvement construction on pavement and landscape of Millennium Park and Guang Tsin Park 2.2 Construct the new sports center 2.3 Construct the community activity center for Dapu, Tsinhe, Tancian, Yongcheng, etc 2.4 Maintain local park and sports facilities 2.5 Revise the sports and recreation exercise map of Pingtung City 2.6 Manage electricity usage in large parks and its users groups.
	3. Brading Pingtung's Tourist Spots	3.1 Maintain old trees and construct the Pingtung coffee street 3.2 Replace street trees 3.3 Wan-nien river bank protection construction 3.4 Renovation of the Pingtung Art Museum and curatorial programs 3.5 Leasing and planting trees on lands between Fuxiong Road and Taitang Street. 3.6 Plan and evaluate Pingtung City's tourist road network
Healthy Civilized Happy A Cultured City		
Action Plan	Specific Steps	
1. International English LOHAS program	1.1 English Proficiency Exam Awards 1.3 Pingtung English Service Label Program 1.4 Bilingual Road Signage Program 1.5 Bilingual column "Explore at ease, Speak at ease" in monthly newsletter promoting Pingtung	
2. Expand public Art and cultural activities	2.1 Pingtung Fine Arts Museum exhibitions: "City Mambo, Friday Night Concerts," Art from the bottom up, weekly book club where the mayor and city residents read 200 books a year. 2.2 Reading promotion program and art and literature classes from the city library. 2.3 Public art displays 2.4 Community concert tours 2.5 Folk music performances, New Year's Eve celebrations	
3. Educating and instilling proper ethics and morals	3.1 "Wash your mother's feet" Guinness World Record Challenge, Parent-Child Hugs, Duck Hunt Raffle for Lucky Duck sculptures, other Mother's Day activities 3.2 Father's Day, Double 9th Festival and other related holidays and activities	
4. Job Training and Skill improvement programs	4.1 Job Training Fund management and usage program 4.2 Bamboo Dragonfly disadvantage children education assistance program 4.3 Mayoral Cup competitions for literature, music, art and sports. 4.4 Workshop on healthy living	
Goal	Healthy Civilized Happy A Friendly City	
Item	Action Plan	Specific Steps
Community building	1. Increase resident participation in volunteer activities	Develop recruitment and service program volunteers and professional volunteers
	2. Social welfare programs	2.1 Healthy Communities Assessment Program 2.2 Countryside Rehabilitation 2.3 New Community Activity Center construction 2.4 Activities for neighbor communities care, disadvantaged children and senior citizens 2.5 Programs to encourage employment of the disabled

(3) Major strengths :

Benefits and Features of Healthy Cities Promotion

Pingtung is a city we all love. It's a home full of potential that the next generation will soon enter. To make our city more beautiful and healthy, we will all need to invest more of our hearts and our time in the program laid out here. This program is one that must be continually promoted and refined, only then will our culture and our environment, both in the city and in the countryside, reach a start of harmony and allow us to achieve sustainable development. As we execute this program, we'll be actively working on the the following initiatives:

1. Strengthen the powers of the Healthy City Promotion Committee.

Invite academic specialists, interested community volunteers, corporate leaders and representatives from employment agencies and organizations to join the Healthy City Promotion Committee. This will help increase the amount of recommendations we receive for areas that need reform, help us avoid blind spots and ensure our programs meet concrete needs.

2. Improve community group cooperation and development of each community's strengths

Continue to make actual community demands a top priority for all activities and include all ideas for consideration at government community offices and meetings. Additionally, work to strengthen inter-community resource use and collaboration. Use different groups' development expertise and experience to bring out each community's unique aspects. Set up a policy that to build on each area's strengths. Promote innovative activities.

3. Encourage local businesses to participate in Healthy Cities activities

Healthy workers are a business' foundation. By becoming partners in promoting Healthy City programs, not only will workers get access to special events, they'll also get much needed relaxation from work. Businesses will be able to promote their specific business ideas and put them into action during activities. This will allow the businesses and the employees to become a valuable community resource for the program and ensure its continued promotion.

4. Promote healthy schools at neighborhood elementary and middle schools

Students currently in elementary and middle schools are the future leaders of Pingtung. By instilling a healthy community mindset at that age, especially with reinforcement of those concepts at home, today's young students will become tomorrow's leaders, many of who will be one day promoting these same initiatives themselves.

5. Continue working towards a sustainable, healthy environment

Even on a limited budget, the Healthy City program in Pingtung can still punch above its weight with the expansion of green space and our construction and renovation of public parks. To meet the exercise, recreation and health demands of our residents, we instituted bike-only lanes, renovated Millennium Park and completed construction of Guangxing Park. Despite our limited natural resources, we've still been able to protect and nurture our environment's sustainable health.

6. Cleanliness First: Recycling at set locations and times

To make Pingtung a healthier and more environmentally friendly city, the government and the Tzu Chi Foundation have worked together to establish "Cleanliness First: Recycling at set locations and times." This is the first initiative the government has cooperated with Tzu Chi on. The program has won not only the approval of residents, but also the minister of Taiwan's EPA. Pingtung's Mayor Yeh hopes this collaboration will lead all residents and families to pursue a more environmental lifestyle, to the benefit of everyone. Only when the entire city takes part will we see a place that truly shows our respect for it and that we can make us feel proud passing along to future generations.

7. Enriching the mind

Although Pingtung is only a class-three member in the Healthy Cities program, it can still take the lead on other secondary area of the program. For example, we can work to provide help for the Art museum, giving residents a more aesthetically enriching life. We can also support schools, libraries and communities to organize book clubs, salons and expert talks. This includes our program: "Read 200 books with the Mayor." These types of activities bring residents together. Through these meetings any variety of topics can be vigorously discussed together, leading to everything from explorations into the meaning of life, greater respect and tolerance, and even more outward displays of love and care. However, the goal of the program most importantly remains to establish a place where residents can at any time in their life learn timeless lessons at their own pace, in peace.

8. Pingtung City Sports Center

To provide residents even more space for activities, the government was able to begin large scale construction of new areas. Despite a limited budget, the government was once again able over-perform with limited funds. For example, southern Taiwan's first national sports center is under construction in Pingtung. With a budget of only NTD\$320 million, the construction received a subsidy from the Ministry of Education's Sports Administration of \$200 million, leaving only \$120 million to be provided by the local

government. The project is scheduled to be completed next year, on time, and will surely exceed any expectations residents might have once had for a sports center.

9. Establish a mechanism for effective feedback and response

We've heard all types of feedback from all types of sources. We've studied the feedback and amended all of our programs to take that feedback into account. We've also followed PDCA procedures and began cyclical reform, improving implementation quality and helping us to achieve our Healthy City sustainable development targets.

10. International Promotion and exchanges of experiences

Pingtung is a member of the Alliance for Healthy Cities. Additionally, we're active in Healthy Cities conferences, both in Taiwan and overseas, and participate in Healthy Cities evaluation programs. All of this works to increase Pingtung's visibility internationally while affording us the chance to continually learn from other cities' experiences.

(4) Major progress :

Located in Taiwan's southwest corner, Pingtung's industrial development growth potential is admittedly weak. However, the city's residents still demand the right to a healthy city. Despite limited financial resources, we've been able to build both digital and concrete infrastructure. With the addition of our educational sector, NGOs and our community groups' enthusiasm, we have our city's truly greatest resources for building a healthy and sustainable environment.

Since the opening of our art museum last year, nearly 100,000 visitors have come to look at the exhibitions, participate in book clubs, attend street performances or participate in a range of other activities. Southern Taiwan's national sports center received funding of over NTD\$200 million from the central government. With Tzu Chi we established a recycling program that on average reduces 7.5 tons of garbage each day. Additionally, we've changed habits regarding sorting garbage and instilled in residents the benefits of living more environmentally friendly. Everywhere you look you can see the success of all groups and individuals working hard on these programs.

Pingtung's Health Cities program is a promise to southern Taiwan's traditional families that has been respected. With residents' participation and feedback, all groups have been able to establish healthy public policies and a supportive environment. Community power has been strengthened and the direction of the Healthy Cities programs has been adjusted as needed. Altogether, the result has been a healthy balance of services and resources, a goal for the health of all residents and a common push for a healthy, cultured,

Scenes of your activities



Guinness World Record of Foot Washing



Community Sports Competitions



Recycling at the Appointed Time and at Specific Locations

Scenes of your activities



Enzyme Promotion Campaign

History

In order to carry out the vision and promise Pingtung City Government has to citizens' health, a system for sustainable development is established from the concept, partnership, establishment of the organization, as well as execution, evaluation, improvement and continuous expansion which connects to all sources in the city. The purpose is to make a happy and healthy Pingtung City. Plans in different years are illustrated as follows:

2006 is "Healthy City Organization Stage". A cooperative scheme across departments is established. "Pingtung Healthy City Promotion Committee" is organized to devise strategies for healthy city promotion and seeking consensus. Moreover, Pingtung Healthy Charter is issued to be the foundation of the healthy city.

2007 is "Healthy City Execution Stage". In order to continue to promote healthy city consensus, Pingtung City Government along with College of Information and Management, Tajen University, established "Pingtung Healthy City Research Center" to gather and assess health indexes and experiences. Moreover, through the assistance of academic, medical fields, as well as experts in different specialties, four dimensions including "health management", "environment management", "leisure activity management" and "community enhancement" are set for promotion.

2008 is "Healthy City Improvement Stage". In addition to extend healthy city projects from 2006 and 2007, Pingtung City Government actively carries out plans and establishes an evaluating scheme. Pingtung City Government also joins "Alliance for Healthy Cities, Taiwan" which is the first city member of the 319 towns and cities in Taiwan. Meanwhile, "Alliance for Pingtung Healthy Community" is set up to realize healthy city index.

2009 is "Healthy City Sustainable Development Stage" which continues and expands the scope and quality of implementing healthy city activities. Through constant discussion and adjustment, as well as experience sharing, the concept of health is deeply cultivated and carried out.

2010 is "Healthy City Integration and Expansion Stage". Pingtung City Government joins "The Alliance for Healthy Cities (AFHC), WHO" to participate in international healthy city conferences in order to increase visibility around the world. In addition, the original four dimensions for the project is increased to be five,

that is, health management, environment management, exercise and leisure, community enhancement, and cultural education. Furthermore, it enlarges and integrates resources to strengthen partnership and expand participation from the citizens.

2011 to 2013 is “Foundation in Cultural Aesthetics” which Pingtung City Government hopes Pingtung Healthy City focuses on humanities and education. Creativity and aesthetics are practiced among people in daily life.

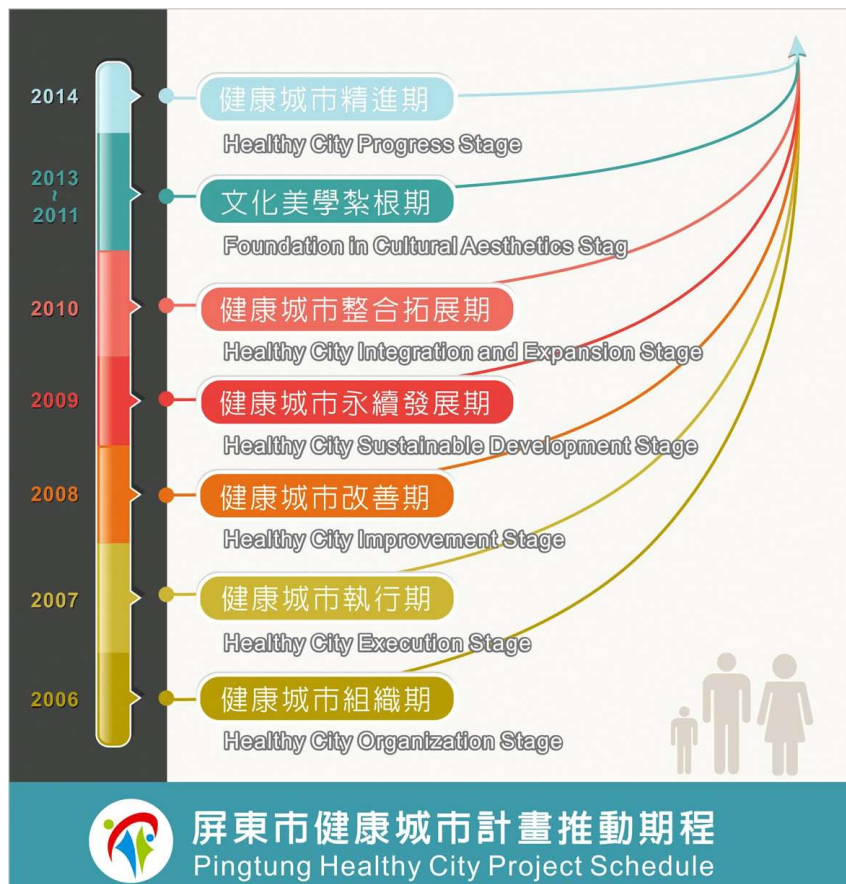
2014 is “Healthy City Progress Stage” that through the process of PDCA (Plan → Do → Check → Action), there is recycling improvement that activities are offered to meet citizens’ needs and to reach goals for the healthy city. towns and cities in Taiwan. Meanwhile, “Alliance for Pingtung Healthy Community” is set up to realize healthy city index.

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2014 is “Healthy City Progress Stage” that through the process of PDCA (Plan → Do → Check → Action), there is recycling improvement that activities are offered to meet citizens’ needs and to reach goals for the healthy city.



 <p>Mayor Ching-Te Lai, Tainan City</p>	<h2 style="text-align: center;">Tainan Healthy City Association</h2> <div style="text-align: center;">  <p>Tainan City Government WWW/</p> </div>
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Vision

- ◆ The concept of sustainable development is the starting point of Tainan City's Healthy City Project, overall vision to create a "Welcoming City " and developed "healthy, ecological, technological and new cultural city".

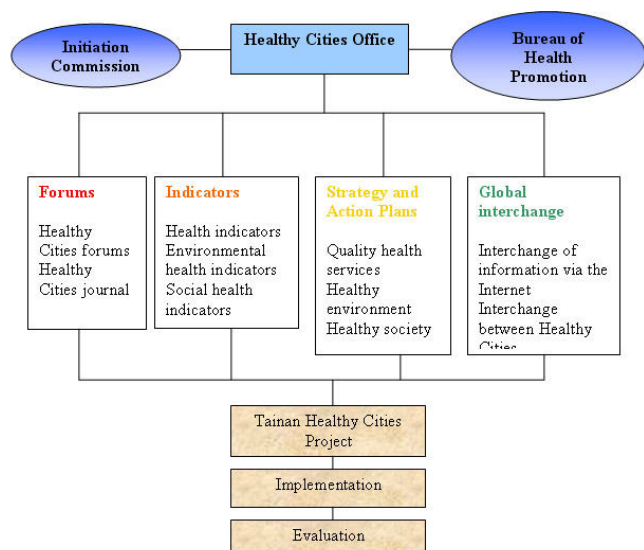
Overview

- (1) **Organizational structure of your Healthy City (secretariat, steering committees, planning process, evaluation mechanisms, if any).**

- (2) **Example of major activities, projects, plans**

◆ Governance plan

After Tainan County and Tainan City merged to Municipality, Mayor Ching-Te Lai served as the first mayor, lead the policy team planned out the "10 Major Plans for Constructing Tainan Program"- "Investing Tainan", "Water Resources and Tainan", "Cultural Capital and Creative City", "Charming City and Countryside", "Paradise



of Tourism”, “New Agricultural Life in Tainan”, “Low-carbon, Green, and Sustainable Tainan”, “Tainan with Love”, “Safe Tainan”, Smart Tainan” and “Convenient Tainan”. Expect to accomplish the local features and inspire in international competitiveness, constructing Tainan City become a low carbon livable city.

◆ Healthy Communities

Tainan Healthy City Association held healthy community election every two years, elect healthy communities which with demonstration effect in order to counseling other communities to promote community development. By showing more concrete outcomes so that more communities could understand what the spirit and characteristics of a healthy community is, to promote the sustainable development of community organizations and expand the welfare of the people living further.

Promoting Healthy Cities Project through cross-departmental collaborate together to reduce inequalities of social resources and health, respect ecology, provide the next generation a more sustainable livable city with clean, greening, cultural, low carbon, healthy, safe, and convenient.

◆ International Exchange

On strengthening international Healthy Cities exchange and experience sharing , conduct and participate in seminars and workshops on healthy cities project in the country, also participated in Western Pacific Region Alliance for Healthy Cities (AFHC) General Assembly and Conference every two year.

By understanding and learning the experience of process and the impact of the Healthy Cities development around the world, to promoting healthy cities project in Tainan .Looking forward to strengthening the international people's understanding of the local cities of Tainan City.

By sharing experience and exchanging knowledge with international Healthy Cities to enhance the level of "Healthy City" program in Tainan.

(3) Major strengths of your Healthy City (some strong points of your Healthy City, based on your judgment).

- ◆ The mayor support
- ◆ cross-departmental cooperation
- ◆ mechanisms, industry, government and academia cooperation
- ◆ active participation of community people
(conducive to sustainable development)

(4) Major progress your city has made by using the Healthy Cities approach or some difference you have observed in your city since you have worked to create a Healthy City.

Tainan is located in Southern Taiwan hub, with best environmental resources, community involvements, and cultural heritages. After the merger of Tainan City and Tainan County in 2010, Mayor Lai proposes 10 Flagship Programs as the policy blueprint, led Tainan move towards to “a city of culture creative, city with carbon reduction, city of technology innovation and a city of tourism”. Through the efforts of these years, 2012 compared with 2010 the average life expectancy of Tainan City has increased 0.33 years, and has got excellent results in the nationwide Cities Ratings, such as:

The Best LOHAS City in Taiwan (CommonHealth Magazine 2006)

Award for innovation in monitoring and evaluation of Healthy Cities-A systematic evaluation using indicators (AFHC, 2007)

The least vulnerable City in Taiwan (Globe Views Monthly Magazine, 2008)

The top five Happy Living City (30 Magazine, 2008)

- ◆ Award for Excellent Healthy Cities (Allance for Healthy City, Taiwan, 2009)
- ◆ Best city ranked on public security satisfaction (National Police Agency, Ministry of the Interior, 2011)
- ◆ Best city ranked on residents personal safety and satisfaction (Common Health Magazine, 2011)
- ◆ Award for Creative Developments in Healthy Cities- Healthy Settings and Non-communicable Diseases Control- structing an active-living city (AFHC, 2012)
- ◆ Road Leveling Program-Highest satisfaction (TVBS, 2012)
- ◆ “City Pride of Living” (TVBS, 2012)
- ◆ “Highest Satisfaction of Policy Execution among Five Special Municipalities”(TV Broadcasts Satellite-TVBS, Globe Views Monthly Magazine, Commonwealth Magazine, 2013)

Scenes of your activities



Mayor Lai and the Director of Department of Health Lin award to healthy communities.



Tainan City Government hold a series of activities for caring the elderly, Mayor, Vice Mayor and Health Secretary all are qualified doctors attended the event together.



Health Secretary, Doctor Lin (third from right) accepted The 5th Alliance for Healthy Cities Global Conference award.



"Healthy City" Organizational Learning Camp has held.

Scenes of community group activities



The residents of Eastern Dist Deguang Village composed a night patrol team to help strengthen social community security.



Fortune Community, Eastern Dist established "Fortune Yuan Tsai flower" Performance Troupe Promote folk arts, practice culture and life aesthetics, the members covering three generations, most elderly is 74.





Community volunteers Training (Anping District Guoping Community)



Volunteers make dumplings to the elderly on the eve of the Dragon Boat Festival (Anping District Guoping Community).

History

- ◆ July 2003, Tainan Healthy City Association began to gradually implement Healthy City Project, reference 20 steps recommended by WHO. After 2 years of efforts, became the members of " Alliance for Healthy Cities' in Western Pacific Ocean Region in July 2005, also the first member that join The Alliance in Taiwan. "Taiwan Alliance for Healthy Cities" was founded in 2007.
- ◆ In order to prompt residents to become a major force in community health promotion, Tainan City promote the Healthy City Project through the application of multiple strategies, such as education, environmental improvement, community organizations, health policy, diversified pipeline organization and training programs, thus can training more community has the assessing, planning and execution ability , to create promotion programs based on the characteristics of the community, complete the actions of health promotion..
- ◆ Tainan County and Tainan City merged to municipality in December 2010, at the same moment, promote a new pattern of healthy cities is imperative. Due to community's participation and cooperation is the main force of promote healthy city project, Tainan Healthy City Association regularly held Organizational Learning Camps and Community Learning Workshops etc.. Looking forward to through the bottom-up approach, depicted a common vision of a healthy city and obtain the national consensus.

Media publication information, if relevant



Grandpa and Grandma gathered together to show their dance. (Liberty Times)



Response to community greening, Yin-Ton Community use recyclable materials to make robots. (China Daily News)



Community residents response to carbon reduction and green Living use overproduction of cabbage to make kimchi. (China Daily News)



Representative Mr. Wu, Taoyuan Health Promotion Association



Taoyuan Health Promotion Association



<http://agefriendly.tychb.gov.tw/english/index.asp>

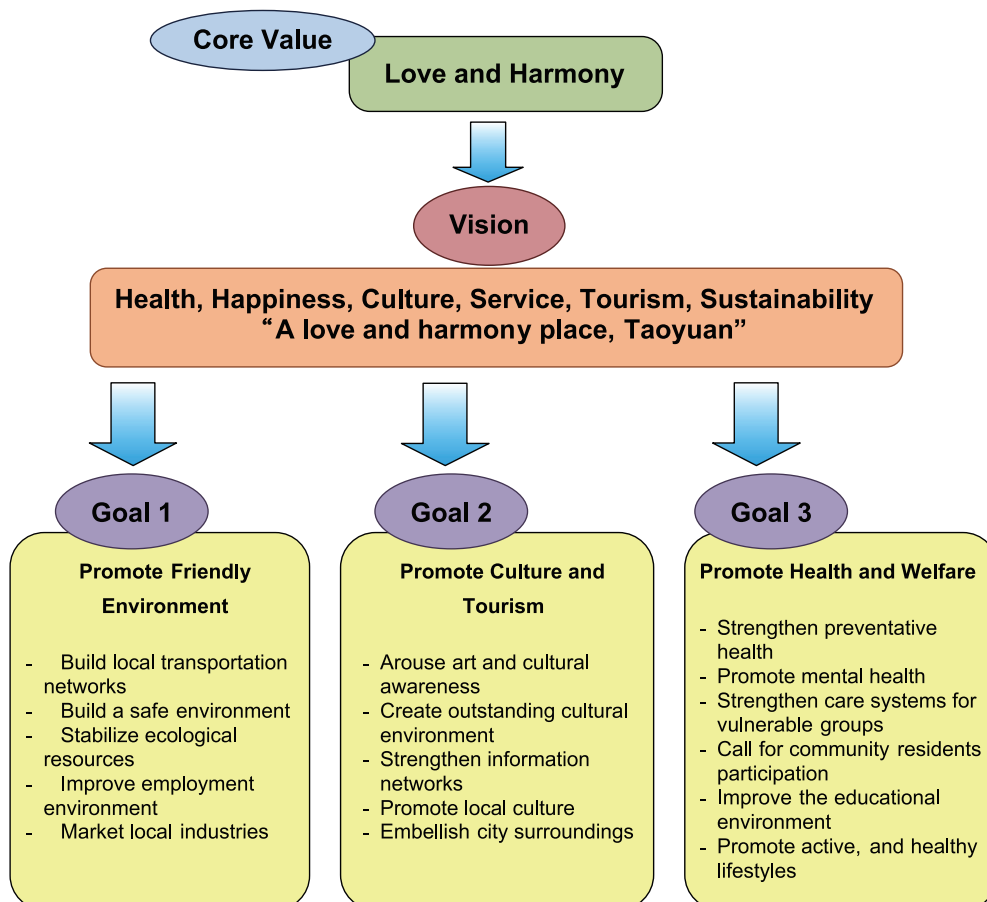


Dr. Liu, Executive Secretary



Our members of Taoyuan Health Promotion Association

Vision



Overview

A love and harmony City, Taoyuan

I. Foreword

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”

~ World Health Organization Constitution (1948)

Taoyuan County is a part of northwestern Taiwan bordering on the Greater Taipei Region. With the special location, the gateway of Taiwan, and the nature environment, Taoyuan is a hi-tech manufacturing city with the intensive agriculture. As a major manufacturing city, Taoyuan is multiculturalism with diverse ethno-culture, including the Minnan, Hakka, Native Taiwanese, Mainlanders from provinces all over China, and the new inhabitant such like foreign spouses.

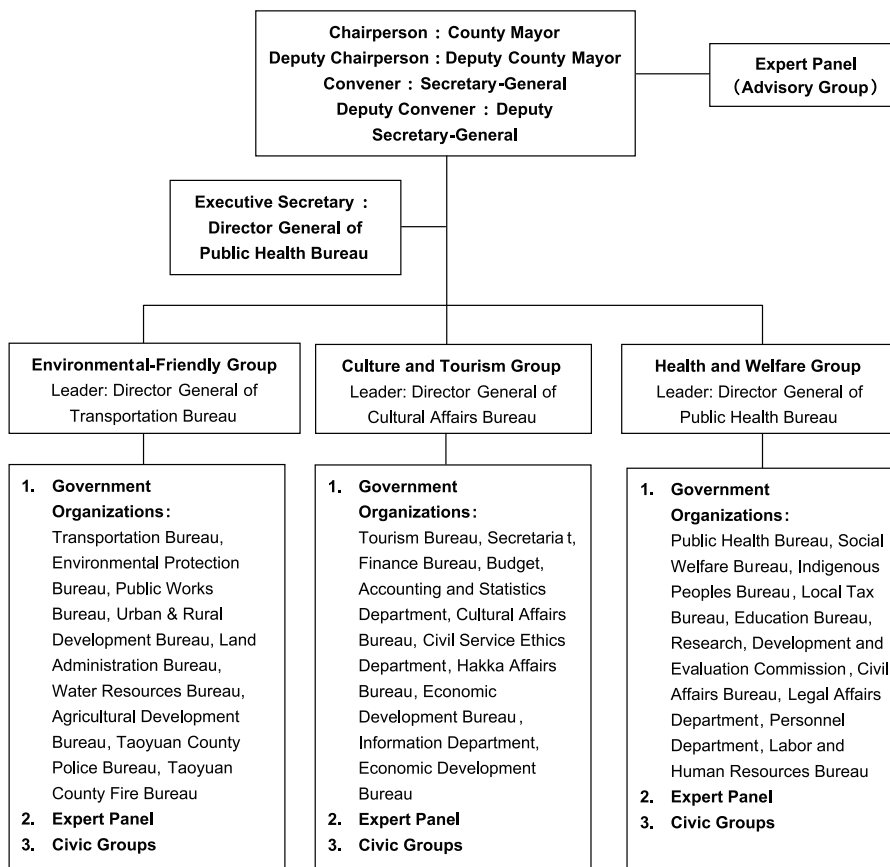
Owing to the particular condition of Taoyuan, our representative Mr. Wu sets the “people-oriented” as goal to promote harmonious society from the multifaceted framework. The aspects of the framework cover public health, public safety, environmental quality, employment, and education opportunities, especially for the vulnerable groups.

The principles we promise to build the health and age-friendly city are as follow:

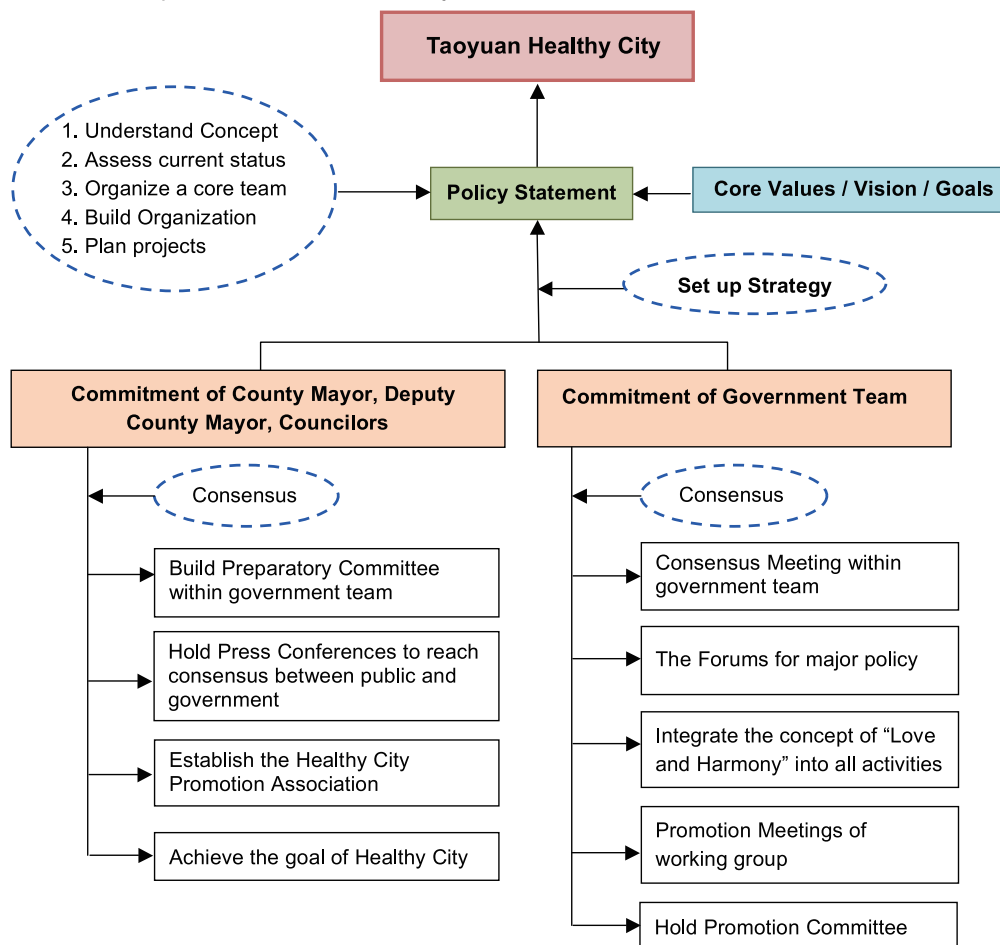
1. All policies formulated are from the core value of “Love and Harmony”
2. All support provided are for our residents.
3. Respect the voice of the residents, and encourage the empowerment, self-determination and self-help from community.
4. Base on the concept of residents’ health to establish all-round health in physiological, psychological, social and spiritual.
5. Integrate humanities, arts, and ecology into overall urban planning.

II. Organizational structure of our Healthy City

1. The committee structure chart of Taoyuan Health Promotion Association is as below:



2. The Conceptual Framework of Policy Statement is as below:



III. The Steps, Issues, and Projects of Taoyuan Health Promotion Association

In line with "20 steps" revealed from the World Health Organization (WHO) for the development of Healthy Cities program, Taoyuan Health Promotion Association keeps promoting strategies and implements projects to build a healthy city. Based on the Zagreb Declaration for Healthy Cities– with its stress on health and health equity in all local policies – informs the three core values: providing residents with “a healthy life”; “a caring and supportive environment” and “a healthy urban environment and design.” Based on those core values, we plan our promotion strategies by divided into three groups: the healthy living group; resident-friendly and welfare group; and, the healthy public infrastructure group.

Then, the implement of each group is in accordance with the indicators assessment reflected the voice of our public. The indicators cover both the WHO Healthy Cities international indicators and the Taiwan Alliance for Healthy City indicators.

1. The Steps to Develop Taoyuan Healthy City

Preparation Stage	Organization Stage	Action Stage
1. Building a support group 2. Understanding Healthy Cities ideas 3. Getting to know your city 4. Finding project funds 5. Deciding organizational location 6. Preparing a project proposal 7. Getting city council approval	1. Appointing the steering committee 2. Analyzing the project environment 3. Defining project work 4. Setting up the project office 5. Planning project capacity 6. Building project capacity 7. Establishing accountability mechanisms	1. Increasing health awareness 2. Advocating strategic planning 3. Mobilizing intersectoral action 4. Encouraging community participation 5. Promoting innovation 6. Securing healthy public policy

WHO (1997) Twenty steps for the development of healthy cities project. Copenhagen, WHO Regional Office for Europe.

2. The Current Health Issue of Taoyuan Healthy City

Issue 1--- Non-communicable diseases such as cancer, cardiovascular disease and diseases predicated by metabolic syndrome as well as new diseases due to climate change

Issue 2--- The amount of funding for sports and exercise and the insufficient supportive environment for exercise

Issue 3--- The suicide rate of young people (15-24 years of age) and the elderly (over 65 years of age)

Issue 4--- Adequate care service for children and the elderly

Issue 5--- The impact on our residents due to the adverse economic cycles

Issue 6--- The improvement of public transportation system and comprehensive waste and pollution management strategies

Issue 7--- The incidence of crime

3. The Promotion Strategies and Implementation Programs of Taoyuan Healthy City

Strategy 1--- Enhance the quality of healthcare by integrating community health care networks and medical services.

Strategy 2--- Create a supportive environment to encourage an active lifestyle.

Strategy 3--- Promote Mental health

Strategy 4--- Provide care, welfare, health and peace of mind for the vulnerable groups.

Strategy 5--- Protect labors safety and health; improve the workforce and quality of life.

Strategy 6--- Create an urban and rural development framework of balancing 'ecology, lifestyle, and production'.

Strategy 7--- Create community security and safeguard systems.

4. The Main Projects of Taoyuan Healthy City

Through the analysis of health problems, group discussions and the evaluation of the indicators, we design and establish the relevant projects closer the requirement of our residents, which shows on Table 1 allocated to the three designated working groups.

Table 1: The Major Projects of Taoyuan Healthy City

Health and Welfare Group		Environment Friendly Group		Culture and Tourism Group	
1	Weight Reduction Program in Community	1	Renovation Plan to Improve the River Quality	1	Specific Project for Local Culture Festival
2	Treatment Program for mental health, suicide prevention, etc in Community	2	Plan to improve pedestrian environment	2	Service Plan for Disabled Residents Employment
3	Long-term care Project	3	Construction Plan for off-road parking lot	3	Plan to Celebrate the home-country festivals for foreign workers
4	Free tax consultation service	4	Counseling Plan for Employee	4	Sports Development Plan
5	Transportation plan for disabled residents	5	Survey of the needs of Smart City'	5	Execution plan for fire prevention education and advocacy
6	100% welfare for the elderly program	6	Friendly building accessibility plan	6	Neighborhood festivals
7	Community Care evaluation and implementation plan	7	Low-emission transportation plan	7	Improvement plan for Park and the forest classroom
8	Fire safety inspection program	8	Management of public safety violations	8	Senior Citizen Learning Center plan
9	Senile Dementia Prevention Plan	9	Guidance for mutual help teams	9	
		10	Rural regeneration plan	10	
		11	Build bikeway network		
		12	public Building Safety Inspection program		
		13	Surveillance Recording System Network		

IV. Major Strengths of our Healthy City

Taoyuan, the gateway of Taiwan, have the Taoyuan international airport with particular characteristic of hi-tech manufacturing, intensive agriculture and multiculturalism. There are more than 10,000 factories and business in Taoyuan, around 15 colleges and universities, and dynamic commercial activities which attracting young people from other cities or counties to move here and making Taoyuan become the “youngest county” of Taiwan.

Besides, Taoyuan has an attractive geographic and offers the rather preferential investment environment for companies. Taoyuan has 29 industrial parks, and attracted a variety of Taiwan’s top 100 companies to set up their headquarters here. Ongoing investment and development has made Taoyuan a global hub for electronics manufacturing, and the photoelectric display and semi-conductor industries. The industrial output value of Taoyuan’s is the highest in Taiwan for 9 Consecutive Years.

In addition to our latest industries, we have several green parks and recreation areas around our county. Green parks throughout the whole county providing leisure and recreation places for residents, not just enhance the quality of exercise, but also could reduce the rate of chronic disease.

V. Major Progress of our Healthy City

The major progress of our healthy city included several aspects.

1. Weight Loss Achievement:

- (1) In 2013, around 364,854 participants (one fourth of all adults in Taoyuan) joined the healthy weight loss stations and achieved a net weight loss of 437,439 kilograms.
- (2) The prevalence of regular exercise has increased from 66.6% in 2011 to 71.8% in 2013, and health literacy has been improved to 24%.
- (3) The percentage of participants with BMI above 24 was reduced by around 10%.

2. Elderly Care Accomplishment:

- (1) 115 Community Care Centers (CCCs) for the elderly were established with a coverage rate of 49% in 2013.
- (2) The number of elderly who received services from the centers in the past 2 years exceeded twenty thousand.
- (3) The percentage of abnormal rates of blood pressure and waistline measurements reduced from 18.9 to 16.6 and from 31.4 to 17.3, respectively.
- (4) Nearly half (49%) of the elderly who received drug safety services at home reported a significant reduction in the incidence of adverse reactions to drugs.

3. Sports Facilities

At the end of 2013, Taoyuan County had a total of 493 sports and leisure facilities occupying a total area of 11 million square meters. Facilities include almost 500 gymnasiums, swimming pools, playgrounds, stadiums and school playgrounds.

4. Bikeways

Taoyuan County is currently extending leisure and commuting bikeway networks to provide access to coastal and mountain areas. Work is also proceeding on an uninterrupted bikeway link between the cities, counties and townships in the north of Taiwan.

5. Walkways

To encourage residents to further take part in leisure and sports, Taoyuan County has created, or is in the process of creating, 26 smoke-free walking trails. The trails provide citizens with a variety of favorable environments in which to hike and provide the opportunity to enjoy the natural beauty of the County’s varied scenery.

6. Transportation Networks

Currently, Taoyuan County’s public transportation consists of three main systems: railways, national highways and public buses. The average allocation of public transit seats per one thousand inhabitants stands at 81.17. From 2013 in order to reduce carbon emissions, the County government is providing free electric low-chassis public buses on selected popular routes. Running every 15 minutes, more than 1,000,000 passengers per month are utilizing this green transport initiative.

7. Communication and Information Technology

To facilitate communication between residents and the County government, several initiatives have been instituted including a free of charge '1999' service hotline, Mayor's Mailbox and a citizen service center. Residents are invited to contact the government regarding inquiries about various events, requests or complaints, and any issues relevant to the business of government. The hotline has received more than 784,000 calls since its inception.

VI. Conclusion

The promotion and implementation of the "healthy city" require the accumulation of time, and the active participation and support from governmental and our residents. Creating a health-supportive environment requires public policy that prioritizes the health and living of the residents, and the balance between industrial and commercial development and environmental protection, as well as the comprehensive contributions from the social welfare and education.

Scenes of your activities



We held group competition for the elders



A retired principal spoke to a group of pre-school kids

Scenes of community group activities



We designed "Taoyuan Healthy Show Show Dance" for our communities



We held Exercise-Walking activities for our residents

History

- 2010 Oct. Signed "Taoyuan County public health Charter" with Johns Hopkins University
- 2011 Sep. Joined the AFHC, Taiwan
- 2011 Sep. Become a network member of Age-Friendly City, WHO
- 2011 Oct. Established "Taoyuan Health Promotion Association"
- 2011 Oct. Signed MOU with the Mayor of Dublin, Ireland
- 2012 Oct. Won 7 prizes in 4th Healthy Cities Awards, AFHC
- 2012 Oct. Become associate member of AFHC

2013 Nov. Won 11 prizes in 5th Healthy Cities Awards, AFHC
 2014 Apr. Mayor Wu was participate in the campaign for 4th president of AFHC, Taiwan
 2014 May Mayor Wu served as the 4th president of AFHC, Taiwan
 2014 Jun. Attended in the 12th Global Conference on Aging, IFA
 2014 Oct. Attended in the 6th Global Conference of AFHC

Media publication information, if relevant

We published "Taoyuan County Government Bulletin" twice a week.

